



Sloppy Garden Joes

Servings 12 | Prep time 10 mins. | Total time 30 mins.

Equipment: Cutting board, Skillet/sauté pan with lid, Can opener

Utensils: Knife, Spatula or mixing spoon

Ingredients

1 tablespoon vegetable or olive oil
1 yellow onion, diced into 1/4-inch pieces
1 carrot, finely shredded
1 green pepper, diced into 1/4-inch pieces
1 pound lean ground beef
1 8 ounce can or jar tomato sauce
1 15 ounce can crushed tomatoes
1 8 ounce can mushrooms, drained, rinsed, and patted dry OR 1 cup fresh mushrooms, cut into 1/4-inch pieces
1/4 cup barbecue sauce
1 teaspoon garlic powder
1/4 teaspoon black pepper
6 whole wheat buns, split in half to make 12
Optional Toppings: sliced red onion, pickle slices, shredded carrots, chopped parsley or cilantro

Instructions

1. Before you begin, wash your hands, surfaces, utensils, produce, and tops of cans.
2. In a large skillet, heat oil over medium heat. Add onions, carrots, and green pepper and sauté until they begin to soften, about 5 minutes.
3. To same pan, add ground beef; using a wooden spoon or spatula, break meat into small pieces. Cook meat with vegetables for an additional 5 minutes, stirring continuously, or until no pink remains in meat and it is cooked thoroughly.
4. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, garlic powder, and black pepper. Cover skillet and bring to a boil.
5. Reduce heat and simmer for 10 minutes, stirring occasionally.
6. Uncover and cook for an additional 3 minutes or until thick.
7. Serve open-faced on toasted or plain whole wheat buns. Add optional toppings if desired.

Nutritional Information:

Calories 170
Total Fat 8g
Sodium 180mg
Total Carbs 16g
Protein 10g