



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
Measuring cups and spoons

Ingredients

1 tablespoon olive oil OR vegetable oil
1 onion, diced
1 carrot, finely shredded
1 green bell pepper, diced
1 pound lean (85% or leaner) ground beef
1 8 ounce can tomato sauce OR 1 cup jar tomato sauce
1 15 ounce can no salt added crushed tomatoes, drained
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 clove garlic, minced OR 1 teaspoon garlic powder
1/4 teaspoon black pepper
6 whole wheat buns, split in half

Optional Toppings: sliced red onion, pickle slices, shredded carrots, chopped parsley or cilantro

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and produce.
2. In a large frying pan, heat oil over medium heat. Add onions, carrots, and green pepper. Sauté until produce begins 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. Stir continuously until no pink remains and meat is cooked thoroughly.
4. Add tomato sauce, crushed tomatoes, mushrooms, barbecue sauce, garlic powder, and black pepper. Cover frying pan 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