



Garden Sloppy Joes

 **BRONSON**

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Recipe provided by Chris Flood, Bronson nutrition educator. **Serves 8.**

Ingredients

- 2 teaspoons olive oil
- 4 carrots, diced
- 1 large green pepper, diced
- 1 large onion, diced
- 1 pound lean ground beef, pork or turkey
- 1 cup already cooked lentils or canned, drained, pinto beans
- 1 (15 oz.) can Sloppy Joe sauce (see notes)
- 8 whole grain hamburger buns

Notes

- Nutrition analysis is for one Garden Sloppy Joe made with lean ground turkey, served on a medium-size whole wheat hamburger bun.
- Be sure to check the sodium on the Sloppy Joe sauce. Brands vary greatly.

Nutrition information (per Sloppy Joe)

316 calories, 9g fat, 3g saturated fat, 37g carbohydrates, 18g protein, 8g fiber, 6 mg 72 mg cholesterol, 580mg sodium

Directions

1. Heat olive oil in a large skillet until hot. Add diced carrots, onion and green pepper. Cook until slightly tender. Remove veggies from the pan.
2. Add ground meat to the skillet and cook over medium heat until almost fully cooked (approx. 10-15 minutes).
3. In a small bowl, lightly mash the beans or lentils. They should still be chunky.
4. Add veggies, mashed beans or lentils, and Sloppy Joe sauce to the cooked meat and simmer until hot and meat is cooked all the way through.
5. Serve on whole grain buns.