

Sloppy Joe

Ingredients

- 8-1/2 oz lean ground beef
- 2 tbsp onions
- 1 tbsp garlic
- 1/4 cup tomato paste, no salt added
- 1/4 cup ketchup, low sodium
- 2 tbsp water
- 1 tbsp vinegar
- 1/2 tsp mustard powder
- 1/8 tsp pepper
- 1-1/2 tsp light brown sugar, packed
- 2 whole grain buns

Notes

Number of Portions: 4

Serving Size: 1/2 sandwich

Nutrition Facts: 254 calories, 12.95 g fat, 4.58 g saturated fat, 167 mg sodium, 22.2 g carbohydrate, 2.16 g fiber, 5.9 g sugar, 13.24 g protein

Directions

1. In a large pot on stove top, cook ground beef until fully cooked (drain). Add chopped onions. If using beef crumbles, heat until hot and add chopped onions.
2. Add minced garlic, tomato paste, ketchup, water, and vinegar and let cook for 20 minutes.
3. Add in mustard powder, pepper, and brown sugar. Let cook until internal temperature reaches 165° F. Season to taste.
4. To serve, place 3 oz on each bun and cut in half.

