



Sloppy Joes

Recipe Source: Better Homes and Gardens

Ingredients:

1 lb extra lean (93%) ground beef
1 medium yellow onion, chopped
1 small green sweet pepper, chopped
1 (8 oz) can no-salt-added tomato sauce
2 Tbsp water
1 tsp chili powder
1 tsp Worcestershire sauce
½ tsp garlic powder
Dash of bottled hot pepper sauce
Salt and black pepper
6 whole-wheat buns or Kaiser rolls, split and toasted

Steps:

- In a large skillet, cook beef, onion, and sweet pepper until meat is brown and vegetables are tender, stirring to break up any meat. Drain off fat.
- Stir tomato sauce, water, chili powder, Worcestershire sauce, garlic powder, and hot pepper sauce into beef mixture in skillet. Bring to boiling then reduce heat. Simmer, uncovered, for 5 minutes, stirring occasionally. Season to taste with salt and pepper.
- Serve on toasted rolls or buns.

Tips from the Test Kitchen: Ground white meat chicken or turkey can be used in place of beef. To spice up the sandwich, try topping it with banana peppers or sliced jalapenos.

Nutritional Facts: per serving Calories: 319, Carbohydrates: 30 grams, Protein: 30 grams, Total Fat: 8 grams, Saturated Fat: 3 grams, Cholesterol: 67 mg, Sodium: 331 mg, Fiber: 5 grams, Total Sugars: 6 grams.