

# SLOPPY JOES

Yield: approximately 8 - 1/3 cup servings



## NUTRITIONAL INFORMATION PER SERVING

- \* Calories: 191
- \* Cholesterol: 46 mg
- \* Sodium: 758 mg
- \* Fiber: 1.61 g
- \* Protein: 19 g
- \* Carbohydrates: 12 g
- \* Total Fat: 8 g

## INGREDIENTS

- \* 1 lb. ground beef
- \* 1/4 cup onions, finely chopped
- \* 1 teaspoon beef base
- \* 2 teaspoons hot water
- \* 2/3 cup catsup
- \* 1 teaspoon Tabasco Sauce
- \* 1/2 - 2/3 cup Chili Sauce (to taste)
- \* 1 teaspoon sugar
- \* 1/2 teaspoon salt
- \* 1/4 teaspoon chili powder
- \* 1/4 teaspoon pepper

## DIRECTIONS

- \* Brown ground beef.
- \* Add onions and cook until tender.
- \* In separate bowl, combine beef base with hot water.
- \* Drain fat from beef mixture, and stir in beef base and water.
- \* Add catsup, tabasco and chili sauce and mix well.
- \* In separate bowl, combine sugar, salt, chili powder and pepper.
- \* Add spice mixture to the beef mixture and stir to combine.
- \* Simmer for 5 minutes over low heat.
- \* Serve on whole wheat buns.
- \* Enjoy!



Recipe courtesy of  
Saint Paul Public Schools Nutrition Services