



# Garden Sloppy Joes

Adapted from *Food Hero*



## Ingredients



- 1 onion chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound lean ground meat (15% fat turkey, chicken, or beef)
- 1 can (8oz.) tomato sauce
- 1 can (15 Oz.) whole tomatoes, crushed
- 1 can (8oz.) mushrooms or 1/2 pound chopped fresh mushrooms
- 6 whole wheat buns
- 1/4 cup barbeque sauce



## Directions



**Yield:** 12 **Serving size:** 1/2 bun

**Total cost:** \$11.50 **Serving cost:** \$ 0.96

1. Saute onions, carrots, green pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
5. Refrigerate leftovers within 2 hours.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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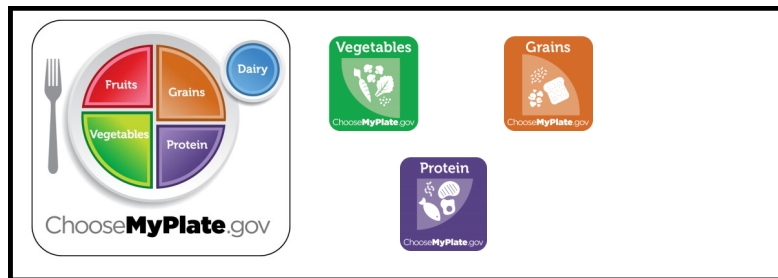
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Add your favorite fresh, canned or frozen chopped vegetables
- Try whole wheat English muffins instead of buns

Nutrition Facts	
Serving Size 1/2 bun (162g)	
Servings Per Container 12	
Amount Per Serving	
<b>Calories</b> 140	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 19g	<b>6%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein</b> 10g	
Vitamin A 25%	Vitamin C 30%
Calcium 4%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

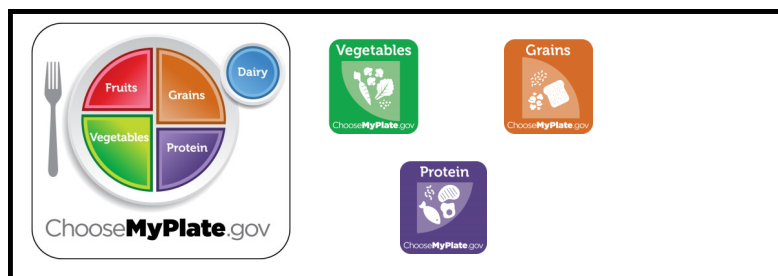
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