

# VEGGIE-LOADED SLOPPY JOES

## INGREDIENTS

- Vegetable oil cooking spray
- 1 pound extra-lean ground beef
- 1 small green bell pepper, diced
- 1 small red bell pepper, diced
- 1 small onion, diced
- 1 tablespoon white vinegar
- $\frac{3}{4}$  cup ketchup
- 2 tablespoons prepared mustard
- 6 whole-grain or mixed-grain sandwich buns
- 1 sweet onion, thinly or thickly sliced (optional)



*Recipe courtesy of Academy of Nutrition and Dietetics*

## DIRECTIONS

1. Spray a medium skillet with the cooking spray.
2. Combine the ground beef, diced peppers and onion in the skillet. Cook on medium heat until the beef is thoroughly cooked, 8 to 10 minutes.
3. Mix the vinegar, ketchup and mustard, and add to the beef mixture; simmer 10 to 15 minutes.
4. Scoop one portion onto each sandwich bun. Top with a slice of sweet onion (optional).

**Servings:**  $\frac{3}{4}$  cup meat + 1 bun

**Nutrition Information:** Calories: 270; Total fat: 6g; Saturated fat: 2g; Cholesterol: 47mg; Sodium: 650mg; Total carbohydrate: 33g; Dietary fiber: 2g; Protein: 21g.