

SWEET & SLOPPY JOE

This recipe incorporates lots of veggies for a nutritious take on a kid favorite.



TOTAL RECIPE TIME: 35-40 minutes



SERVES: 4

INGREDIENTS:



1 pound Ground Beef
(93% lean or leaner)



1 cup diced bell
peppers (red, green,
yellow or orange)



1/2 cup
chopped onion



1 can (8 ounces)
tomato sauce



1/2 cup water



1/2 cup dark or
golden raisins



2 teaspoons
ancho chile powder



1 teaspoon dried
oregano leaves



4 whole wheat
hamburger buns, split

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TEST KITCHEN TIPS

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.



INSTRUCTIONS:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in tomato sauce, water, raisins, ancho chili powder and oregano; bring to a boil. Reduce heat; simmer, uncovered, 15 to 18 minutes or until sauce thickens slightly, stirring occasionally.
3. Evenly divide beef mixture on bottom half of each bun. Garnish with toppings, as desired; close sandwiches.

Toppings (optional):

Chopped mango, chopped jalapeño, chopped tomato, chopped fresh cilantro, sliced green onion, shredded reduced-fat Cheddar cheese

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