

Healthier Sloppy Joes

These Sloppy Joes use lean ground beef, with the addition of healthy chopped cremini mushrooms and diced fresh plum tomatoes, all in a zesty sauce. Served on a whole-wheat bun, it's a hearty dinner sandwich that will please the entire family.



INGREDIENTS

- 12 ounces 90%-lean ground beef
- 1 large onion finely diced
- 2 cups finely chopped cremini mushrooms (about 4 ounces)
- 5 plum tomatoes diced
- 2 tablespoons all-purpose flour
- 1/2 cup water
- 1/4 cup cider vinegar
- 1/4 cup chili sauce such as Heinz
- 1/4 cup ketchup
- 8 whole-wheat hamburger buns toasted if desired

Servings: 8

PREPARATION

Cook beef in a large nonstick skillet over medium heat, until it starts to sizzle, about 1 minute. Add onion and mushrooms and cook, stirring occasionally, breaking up the meat with a wooden spoon, until the vegetables are soft, the meat is browned and the moisture has evaporated, 8 to 10 minutes.

Add tomatoes and flour; stir to combine. Stir in water, vinegar, chili sauce and ketchup and bring to a simmer, stirring often. Reduce heat to a low simmer and cook, stirring occasionally, until the sauce is thickened, and the onion is very tender, 8 to 10 minutes. Serve warm on buns.

NUTRITION

Per serving: 233 calories; 31 g carbohydrates; 5 g fiber; 6 g fat; 28 mg cholesterol; 14 g protein; 436 mg sodium.

Exchanges: 2 starch, 1.5 lean meat

Nutrition Bonus: Zinc (20% daily value), Vitamin C (15% dv)

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