

Mushroom Beef Sloppy Joes

March 2023 Recipe

Makes: 4 servings



Ingredients

- ½ pound white button mushrooms
- ½ pound cremini mushrooms
- ¼ pound 90% lean ground beef
- 1 ½ Tbsp. canola oil
- ½ cup chopped onion
- 1 clove garlic (minced)
- 8 oz no-salt-added tomato sauce
- 1 Tbsp. chili powder
- 3 tsp. brown sugar
- 1 tsp. cider vinegar
- 1/8 tsp. ground black pepper
- 4 whole-wheat buns

Nutritional information for 1 serving

Calories	280
Total fat	11 g
Saturated fat	2 g
Cholesterol	20 mg
Sodium	240 mg
Carbohydrate	37 g
Dietary fiber	6 g
Total sugars	13 g
Added sugars included	9 g
Protein	13 g

Directions

1. Chop the mushrooms to the approximate size and texture of cooked ground beef.
2. Heat a saute pan over medium-high heat.
3. Add the ground beef and mushrooms, and cook.
4. Saute until the ground beef is fully cooked.
5. Remove the mushroom-beef mixture from the pan.
6. Add onions and garlic to the pan; cook until golden.
7. Return the mushroom-beef mixture to the pan, along with the remaining ingredients.
8. Simmer for about 10 minutes. Remove from heat.