

## **Sweet & Tangy Sloppy Joes** (Makes 4 servings – Total Recipe Time: 20 to 25 minutes)

### **INGREDIENTS**

1. 1 pound Ground Beef (96% lean)
2. 1 medium yellow, green or red bell pepper, chopped
3. 3/4 cup finely chopped onion
4. 1 can (11-1/2 ounces) regular or reduced-sodium spicy 100% vegetable juice
5. 3 tablespoons packed brown sugar
6. 1 tablespoon Worcestershire sauce
7. 4 whole or honey wheat hamburger buns or Kaiser rolls, split

### **INSTRUCTIONS FOR SWEET & TANGY SLOPPY JOES**

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into 3/4-inch crumbles and stirring occasionally.
  2. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
  3. Evenly place beef mixture on bottom half of each bun; close sandwiches.
- 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.

### **NUTRITIONAL INFORMATION FOR SWEET & TANGY SLOPPY JOES**

**Nutrition information per serving:** 331 calories; 6 g fat (2 g saturated fat; 1 g monounsaturated fat); 65 mg cholesterol; 563 mg sodium; 43 g carbohydrate; 4.9 g fiber; 27 g protein; 7.2 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 4.6 mg iron; 39.2 mcg selenium; 6.3 mg zinc; 93.5 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of choline.

**Nutrition information per serving, using reduced sodium vegetable juice:** 332 calories; 6 g fat (2 g saturated fat; 1 g monounsaturated fat); 65 mg cholesterol; 391 mg sodium; 43 g carbohydrate; 4.9 g fiber; 27 g protein; 7.2 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.1 mcg vitamin B<sub>12</sub>; 4.4 mg iron; 39.2 mcg selenium; 6.3 mg zinc; 93.5 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of choline.