



Garden Sloppy Joes

SERVING: 1 SANDWICH
YIELD: 8

PREP TIME: 10 MIN
TOTAL TIME: 30 MIN

Ingredients

- Cooking Oil Spray
- 1/2 pound Ground Beef, lean
- 1/2 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Black Pepper
- 1/2 pkg (10 oz) Shredded Carrots
- 1/2 medium Yellow Onion, chopped
- 1 medium Green Bell Pepper, chopped
- 1/2 tbsp Garlic, minced
- 1/4 cup Beef Broth, Unsalted or water
- 1/2 pkg Fresh Sliced Mushrooms, chopped or 1 can (8 ounces) mushrooms, drained
- 1 can (8 ounces) Tomato Sauce
- 1 can Diced Tomatoes, 14.5 oz, drained and rinsed
- 1 can Black Beans, 15.25 oz, drained and rinsed
- 1/4 cup Barbecue Sauce, original (or spicy if preferred)
- 2 Tbsp Ketchup
- 1 Tbsp Dijon Mustard
- 8 Whole Wheat Buns

Directions

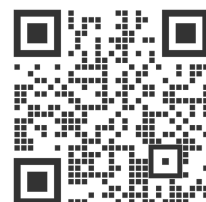
1. HEAT oil in large skillet over medium heat. ADD beef, chili powder, cumin, and black pepper. COOK until meat is done.
2. ADD chopped onion, carrots, bell pepper, minced garlic, and 1/4 cup broth to skillet and cover. Cook about 5 minutes.
3. Add mushrooms, tomato sauce, crushed tomatoes, black beans, barbecue sauce, ketchup, and dijon mustard.
4. Bring to a boil. Reduce heat and simmer for 5-10 minutes or until thick, stirring occasionally.
5. Toast buns if desired. Enjoy!

Nutrition Facts

8 servings per container	
Serving size	1 (0.0g)
Amount Per Serving	
Calories	320
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 660mg	29%
Total Carbohydrate 52g	19%
Dietary Fiber 10g	36%
Total Sugars 12g	
Includes 3g Added Sugars	6%
Protein 19g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 4.3mg	25%
Potassium 340mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*Recipe adapted from
mainesnapp-ed.org

*Cost information includes
lower cost ingredients found at
local grocery store 10/3/22.



Cost Per Recipe

\$10.61

Cost Per Serving

\$1.33



The rainbow colours of fruit and vegetables and their health benefits

Colour	Health benefits	Contains	Fruit	Vegetables
Red Pink	Keeps eyes, skin and immune system healthy. May help protect against cancer and heart disease.	<ul style="list-style-type: none"> • Vitamin C • Potassium • Carotenoids • Lycopene • Anthocyanins • Quercetin • Flavonoids 	Red apples, cherries, cranberries, red grapes, guava, red pear, red plum, pomegranate, raspberries, rhubarb, strawberries, tamarillos, watermelon	Red capsicum, red chillies, red kidney beans, radishes, tomatoes
Orange	Keeps eyes, skin and immune system healthy. May help protect against cancer and heart disease.	<ul style="list-style-type: none"> • Vitamin C • Potassium • Carotenoids • Flavonoids • Liminoids • Terpenes 	Apricots, cumquats, loquats, mandarins, mangos, orange nectarines oranges, papaya, pawpaw, peach, peacherine, persimmons, rockmelon, tangerines, tangelo	Carrots, orange capsicum orange lentils, pumpkin, sweet potato (kumara)
Yellow	Keeps eyes and immune system healthy. May help protect against cancer and heart disease .	<ul style="list-style-type: none"> • Vitamin C • Potassium • Carotenoids (such as vitamin A, lutein and zeaxanthin) • Flavonoids • Terpenes • Quercetin 	Yellow apples, banana, cape gooseberry, grapefruit, lemons, yellow pears, pineapple, yellow plums quince, star fruit (carambola)	Button squash, yellow capsicum, sweetcorn, yellow tomatoes, yellow zucchini
Green	Keeps immune system healthy and protects against heart disease and cancer. Iron and folate help make red blood cells. Calcium and vitamin K help keep bones healthy.	<ul style="list-style-type: none"> • Vitamins C, K and folate • Calcium • Potassium • Iron • Carotenoids (such as vitamin A, lutein and zeaxanthin) • Flavonoids • Indoles • Saponins • Sulforaphane 	Green apples, avocado, feijoa, green fig, green grapes, honeydew melon, kiwi fruit, lime, green pears	Asparagus, green beans, fresh broad beans, bok choy, broccoli, brussels sprouts, cabbage, chinese cabbage, green capsicum, celery, cucumber, globe artichokes, green herbs, green kale, kohlrabi, leeks, lettuce, okra, green olives, peas (green peas, snow peas, sugar snap peas), silverbeet, spinach, spring onion, green zucchini
Blue Purple Black	Protects cells from damage and protects against heart disease and cancer. Linked with improved memory function and healthy ageing.	<ul style="list-style-type: none"> • Vitamin C • Anthocyanins • Chlorogenic Acid • Quercetin 	Blueberries, blackberries, blackcurrants, purple figs, purple grapes mullberries, passionfruit, purple plums, prunes	Aubergine (eggplant), beetroot, purple cabbage, purple or black capsicum, purple carrot, purple kale, black olives, purple onion
White	Protein for growth. Energy for an active body. Helps protect against cancer.	<ul style="list-style-type: none"> • Starch and protein • B group vitamins • Potassium • Indoles • Isothiocyanates • Anthoxanthins 	White nectarine, white peaches, lychees, white currant	Apple cucumber, cauliflower, celeriac, Japanese radish (daikon radish), fennel bulb, garlic, leeks, white onion, parsnip, shallots, taro, yams turnips, water chestnuts, white beans (cannellini, lima beans, navy beans, soybeans)
Brown	Protein for growth. Energy for an active body. Helps protect against cancer.	<ul style="list-style-type: none"> • Starch and protein • B group vitamins • Potassium • Indoles • Isothiocyanates • Anthoxanthins 	Brown pear, dried raisins or sultanas, dates, dried fig	Borlotti beans, brown lentils, Jerusalem artichoke, mushroom, potato, swede