

Mushroom beef sloppy joes



Recipe credit

Produce For Better Health Foundation

About this recipe

Serves

4

Serving size

1/4 of the recipe

Time to make

30 minutes

Ingredients

- 1/2 pound white button mushrooms
- 1/2 pound cremini mushrooms
- 1/4 pound 90% lean ground beef
- 1 1/2 tablespoons canola oil
- 1/2 cup chopped onion
- 1 clove garlic (minced)
- 1 can 8oz no-salt-added tomato sauce
- 1 tablespoon chili powder
- 3 teaspoons brown sugar
- 1 teaspoon cider vinegar
- 1/8 teaspoon ground black pepper
- 4 whole-wheat buns

Directions

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

Tips and variations

Serving Suggestions: Serve with a glass of non-fat milk and a slice of watermelon.

Nutritional info

Calories

280

Total fat

11 g

Saturated fat

2 g

Cholesterol

20 mg

Sodium

240 mg

Total carbohydrates

37 g

Dietary fiber

6 g

Protein

13 g

Total sugar

13 g

Allergens

Soy

Wheat

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