

[Garden sloppy joes](#)



Recipe credit

Oregon SNAP. OSU Extension Service

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About this recipe

Serves

6 Sandwiches

Serving size

1/2 Bun

Time to make

10 minutes preparation; 20 minutes cook time

Special criteria

[Summer meals in a SNAP](#)

Ingredients

- 1 onion, chopped
- 1 carrot, chopped or shredded 1 green bell pepper, chopped
- 1 pound lean ground meat (15% fat turkey, chicken or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or ½ pound chopped fresh mushrooms
- ¼ cup barbecue sauce
- 6 whole wheat buns, split in half to make 12

Directions

1. Wash hands with soap and water.
2. Sauté onions, carrots, green bell pepper and ground meat in a 2 to 3 quart saucepan over medium-high heat for 5 minutes.
3. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
4. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
5. Toast buns if desired. Spoon sauce over bun halves. Serve open- faced.
6. Refrigerate leftovers within 2 hours.

Tips and variations

- Add your favorite fresh, canned or frozen chopped vegetables.
- Try whole wheat English muffins instead of buns.

Recipe video

Nutritional info

Calories

160

Total fat

5g

Saturated fat

1.5g

Cholesterol

25mg

Sodium

430mg

Total carbohydrates

20g

Dietary fiber

4g

Protein

10g

Total sugar

7g

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