



Eat Well

Mushroom Beef Sloppy Joes

Chopped mushrooms, when sauteed, blend seamlessly with ground meats. Swapping or adding mushrooms to a recipe can add an extra serving of vegetables to the plate.

Directions

Chop mushrooms to approximate size and texture of cooked ground beef. Heat a saute pan over medium-high heat. Add ground beef and mushrooms, and cook. Saute until ground beef is done. Remove mushrooms-beef mixture from pan. Add onions and garlic to pan; cook until golden. Return mushrooms-beef mixture to pan, along with remaining ingredients. Simmer about 10 minutes; remove from heat.

Serving Size: 4

Serving Suggestions

Serve with an 8 oz glass of non-fat milk and a slice of watermelon.

Nutrition information per serving:

Calories 280, Total Fat 11 grams, Cholesterol 20 mg, Sodium 240 mg*, Total Carbohydrate 37 grams, Fiber, 6 grams, Protein 13 grams.

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Ingredients

- » 8 oz white button mushrooms
- » 8 oz cremini mushrooms
- » 1/4 lb 90% lean ground beef
- » 1-1/2 tbsp canola oil
- » 1/2 cup chopped onion
- » 1 garlic clove, minced
- » 1 8 oz can no-salt-added tomato sauce
- » 1 tbsp chili powder
- » 1 tbsp brown sugar
- » 1 tsp cider vinegar
- » 1/8 tsp ground black pepper
- » 4 whole-wheat buns

