

Neat-to-Eat Sloppy Joes

Serves 6-8

1 pound lean ground beef	1 (8 ounce) can tomato sauce
1/2 cup chopped onions	2 tablespoons brown sugar
1/2 cup chopped green pepper	6-8 small hamburger buns
1/2 teaspoon paprika	

Combine ground beef, onions and green pepper. Follow selected cooking technique.

Cooking technique: May be prepared in microwave, electric skillet or wok, or on stovetop.

To microwave: Microwave 4 to 5 minutes to HIGH power or until meat is no longer pink. Drain excess grease. Crumble meat with fork; add paprika, tomato sauce and brown sugar. Blend well. Cook covered on 60% power for 7 minutes, stirring once. Cook to end temperature of 160 degrees F. Spoon onto buns.

In electric skillet or wok, or on stovetop: Brown ground beef with chopped vegetables; cook until meat is no longer pink and vegetables are tender. Drain excess grease; add paprika, tomato sauce and brown sugar. Simmer until mixture reaches 160 degrees, stirring often. Spoon onto buns.

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Nutrition Facts	
Serving Size 1 sandwich (190g)	
Servings Per Container 6	
Amount Per Serving	
Calories 280	Calories from Fat 80
% Daily Value*	
Total Fat 8g	13%
Saturated Fat 3g	16%
Cholesterol 30mg	9%
Sodium 560mg	23%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 21g	
Vitamin A 10%	Vitamin C 30%
Calcium 10%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet.

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