

Serves 4

Mushroom Beef Sloppy Joes

Ingredients

- **8 ounces** white button mushrooms
- **8 ounces** cremini mushrooms
- **¼ pound** 90% lean ground beef
- **1 ½ tablespoons** canola oil
- **½ cup** chopped onion
- **1 clove** garlic (minced)
- **1 can** 8 oz no-salt-added tomato sauce
- **1 tablespoon** chili powder
- **3 tablespoons** brown sugar
- **1 teaspoon** cider vinegar
- **1/8 teaspoon** ground black pepper
- **4 whole-wheat buns** OR **4 iceberg lettuce leaves** with **2 teaspoons** of butter

Preparation Instructions

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.
9. Place mushroom-beef mixture on whole-wheat buns OR on buttered iceberg lettuce leaves.

Nutrition Facts

Serving Size: 1/4 of recipe

Calories	280
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	20 mg
Sodium	240 mg
Total Carbohydrates	37 g
Dietary Fiber	6 g
Total Sugars	13 g
Protein	13 g

Source: United States Department of Agriculture

