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

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<tr>
<th>Nutrient</th>
<th>Value</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
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Source: United States Department of Agriculture