



A Nutrition Resource

BEEF SLOPPY JOE ON A ROLL

Yield: 6 Servings | Serving Size: 1 roll

Cost/Serving: \$1.84

Ingredients:

- 1 lb ground beef
- 1/4 cup onions, raw chopped
- 2 Tbsp tomato paste
- 2 Tbsp catsup
- 1 cup + 2 Tbsp water
- 1 Tbsp distilled vinegar
- 1/2 tsp mustard powder
- 1/2 tsp pepper
- 1 tsp brown sugar
- 1/2 cup lentils uncooked, no salt
- 2 oz mild green chili peppers, canned, drained
- 2 tsp garlic, raw, minced
- 6 whole wheat buns

Directions:

1. Brown ground beef. Drain.
2. Cook lentils in enough water to cover them. Simmer for about 30-40 minutes. If using red lentils, reduce cook time to 10-15 minutes. Drain excess water. Puree lentils in a food processor.
3. Add onions and minced garlic to ground beef. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155°F or higher.

Nutrition Facts

6 servings per container

Serving size 1 roll (0.0g)

Amount Per Serving

Calories 430

% Daily Value*

Total Fat 19g 24%

Saturated Fat 6g 30%

Trans Fat 1g

Cholesterol 55mg 18%

Sodium 470mg 20%

Total Carbohydrate 45g 16%

Dietary Fiber 8g 29%

Total Sugars 6g

Includes <1g Added Sugars 1%

Protein 26g

Vitamin D 0.1mcg 0%

Calcium 160mg 10%

Iron 4.7mg 25%

Potassium 390mg 8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Recipe adapted from
Montana's Healthy School
Recipe Roundup and MT
Harvest of the Month*

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