

# Mushroom Beef Sloppy Joes

**Prep time:** 30 minutes

**Makes:** 4 Servings

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

## Ingredients

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

## Directions

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.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	280	
Total Fat	11 g	17%
Protein	13 g	
Carbohydrates	37 g	12%
Dietary Fiber	6 g	24%
Saturated Fat	2 g	10%
Sodium	240 mg	10%

## MyPlate Food Groups

Vegetables	1 3/4 cups
Grains	1 1/2 ounces
Protein Foods	1 ounce

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.

## Notes

Serving Suggestions: Serve with a glass of non-fat milk and a slice of watermelon.

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