

# Neat-to-Eat Sloppy Joes

Use both hands to eat these!



Level: Medium

Serves: 6 to 8

## Kids' Tool Kit

Microwave safe dish  
Knife  
Cutting board  
Can opener  
Spoon  
Measuring cups  
Measuring spoons  
Strainer  
Thermometer

## Ingredients:

1 pound lean ground beef  
½ cup chopped onions  
½ cup chopped green pepper  
½ teaspoon paprika  
1 can (8 ounce) tomato sauce  
2 tablespoons brown sugar  
6 - 8 small hamburger buns



## Directions:

**Remember to wash your hands!**

1. Combine ground beef, onions and green pepper in a microwave-safe bowl and cook on high power 4 to 5 minutes or until meat is no longer pink. Drain excess grease.
2. 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.
3. Spoon onto buns.

## Chef's Choice

Neat-to-Eat  
Sloppy Joes  
Green beans  
Canned peaches  
Low fat milk

## Nutrition Facts

Serving Size 1 sandwich (152g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 210	<b>Calories from Fat</b> 35
% Daily Value*	
<b>Total Fat</b> 4g	6%
Saturated Fat 1g	6%
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 400mg	17%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber 2g	7%
Sugars 7g	
<b>Protein</b> 17g	
Vitamin A 4%	Vitamin C 15%
Calcium 6%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



**Helpful Hints:** This mixture can also be cooked in an electric skillet, wok or 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.



**Safety Tips:** Be sure kids know how to safely use the microwave oven, and that they know which dishes are microwave safe. Cooks of all ages should remember to use caution: Use a hot pad when removing hot dishes from the microwave.

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *The Lunch Box Surprise* by Grace Maccarone. For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).

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