

## Neat-to-Eat Sloppy Joes

Use both hands to eat these!

6 to 8 servings

### Ingredients:

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

### Directions:

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.

*Nutrition Facts: One sandwich provides 210 calories, 4g total fat, 30mg cholesterol, 400mg sodium, 27g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

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

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