



Feta Sloppy Joes

Makes 6 servings

Ingredients

- 1 pound lean (93% lean) ground beef
- 1 small red onion, diced
- 3 garlic cloves, minced
- 1 15-ounce can no-salt-added tomato sauce
- 1 ¼ teaspoon Italian seasoning
- 6 whole-grain hamburger buns
- 6 leaves romaine lettuce
- 6 tablespoons feta cheese crumbles

Directions

1. Heat a medium skillet to medium-high heat. Add ground beef, onion and garlic. Stir. Cook, breaking the beef up with a wooden spoon or heat-safe spatula, until beef has browned (about 6 to 8 minutes).
2. Add tomato sauce and Italian seasoning. Stir. Bring to a boil, reduce heat and simmer for 7 to 9 minutes or until sauce has thickened slightly.
3. Place a lettuce leaf on the bottom half of each bun. Sprinkle with 1 tablespoon feta cheese and cover with sloppy joe mixture. Add the tops of the buns and enjoy!



MAIN DISH



TIP

You can also enjoy this sloppy joe bun-less by using the lettuce leaf as the "carrier" for the meat and feta.*

*Option not included in nutrition facts.

 = low sodium

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Nutrition Facts

Serving Size 1 sloppy joe (241g)
Servings Per Container 6

Amount Per Serving

Calories 320 **Calories from Fat 100**

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4.5g **23%**

Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 380mg **16%**

Total Carbohydrate 29g **10%**

Dietary Fiber 5g **20%**

Sugars 7g

Protein 28g

Vitamin A 40% • **Vitamin C 20%**

Calcium 10% • **Iron 25%**

*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

Recipe contains: wheat, milk
Carb choices per serving: 2