



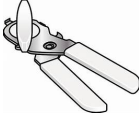
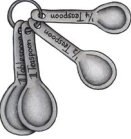





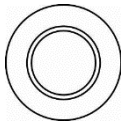

# Yummy Sloppy Joes

**Makes 4 Servings; 2 sliders per serving**

Nutrients Per Serving:

350 Calories | 9g Fat (3g Saturated) | 38g Carbohydrates | 7g Added Sugar | 31 Protein | 670 mg Sodium | 2g Fiber

## Equipment Needed

			
Electric skillet	Spatula	Can opener	Measuring spoons
			
Box grater	Mixing spoon	Kitchen shears	Digital food thermometer
  			
One of the following: Sheet of waxed paper <b>OR</b> a Plate <b>OR</b> a Cutting board			

## Ingredients Needed

*\*Brand names that may be used in this recipe are not intended to endorse brands. Use any brand of your choice.\**

			
1 pound ground lean ground beef or turkey	1/2 bag coleslaw	½ bag onion/pepper blend, frozen	1 (8 oz) can tomato sauce
			
1 small zucchini	2 tablespoon brown sugar	2 tablespoon lemon juice	1 tablespoon vinegar
			
1 tablespoon Worcestershire sauce	1 tablespoon yellow mustard	1/4 teaspoon salt and pepper	8 slider buns

*Recipe continued on back page.*

## Directions

(Tbsp = tablespoon, tsp = teaspoon)

1



Wash Hands.

2



Shred zucchini with a grater. Note: Place grater on a sheet of waxed paper, plate, or cutting board to catch shredded zucchini.

3



In a skillet, cook ground beef with 1/2 bag onion/pepper blend until ground beef is no longer pink and juices run clear. Meat is done when it reaches 160° F.

4



Stir in tomato sauce, 2 Tbsp lemon juice, 2 Tbsp brown sugar, 1 Tbsp vinegar, 1 Tbsp Worcestershire sauce, 1 Tablespoon mustard 1/4 tsp salt and pepper, 1/2 bag coleslaw, and grated zucchini. Simmer uncovered for 10 minutes or until vegetables are tender.

5



Spoon onto buns, enjoy in a lettuce leaf wrap, or plain!