

DIABETES FRIENDLY: SLOPPY JOES

INGREDIENTS:

- 1 tbsp extra-virgin olive oil
- 12 oz. **90% lean** ground beef
- 1 cup **no-salt-added** black beans (rinsed)
- 1 cup chopped onion
- 2 tsp New Mexico chile powder
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- Pinch of cayenne pepper
- 1 cup **no-salt-added** tomato sauce
- 3 tbsp ketchup
- 1 tbsp reduced-sodium Worcestershire sauce
- 2 tsp spicy brown mustard
- 1 tsp light brown sugar
- 4 **whole-wheat** hamburger buns



What makes it diabetes friendly?



Using beans AND meat gives **7g MORE fiber** than a classic Sloppy Joe!

100% Whole-wheat OR whole-grain buns are a great choice to enjoy this comfort food!



Limiting sugar & ketchup uses **12g LESS added sugar** than a classic Sloppy Joe!



DIRECTIONS:

1. Heat oil in a large nonstick skillet over medium-high heat.
2. Add beef and cook, breaking it up with a wooden spoon, until lightly browned but not completely cooked through (3-4 minutes).
3. Use a slotted spoon to transfer the beef to a medium bowl, save drippings in pan.
4. Add beans & onion to pan; cook, stirring often, until onion is soft, about 5 minutes.
5. Add chile powder, garlic powder, onion powder & cayenne; cook, stirring constantly, until fragrant (about 30 seconds).
6. Stir in tomato sauce, ketchup, Worcestershire, mustard and brown sugar.
7. Return the beef to the pan. Bring to a simmer and cook, stirring often, until the beef is just cooked through and the sauce has thickened slightly, about 5 minutes.
8. Serve on buns (or plain) with fixings of your choice!