



Fire House Sloppy Joes



Where service *and savings* matter.

SERVINGS: 8

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 370, calories from fat 90,
total fat 10g, saturated fat 2.5g,
cholesterol 75mg, sodium 520mg,
total carbohydrate 40g, dietary
fiber 3g, sugars 8g, protein 27g,
vitamin A 30%, vitamin C 45%,
calcium 8%,
iron 25%

- 1 lb lean ground beef
- 1 medium onion, minced (about 1 cup)
- 1 lb ground turkey
- 1 large chopped green or red bell pepper (about 1 1/2 cups)
- 1 jalapeno pepper, chopped
- 2 Tbsp chili powder
- 1-28 oz can Food Club no salt added tomato sauce
- 2 Tbsp Dijon-style mustard
- 2 Tbsp white vinegar
- 8 Kaiser rolls (bakery)

DIRECTIONS:

1. In a large, deep skillet brown the ground beef and onion. Cook until the meat is brown and the onion is soft. Drain any excess fat if there is any-usually there won't be if the ground beef is lean.
2. Add the turkey, bell pepper and jalapeno and cook until the turkey has lost most of its pinkness.
3. Sprinkle with chili powder, stir for 1-2 minutes until the meat mix is well coated. Add the tomato sauce, mustard and vinegar.
4. Cover and simmer on low for 1 hour, stirring occasionally.
5. Serve on Kaiser rolls.

Source: Penzeys Spices

visit unitedtexas.com for more recipe ideas

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Shopping List

PRODUCE:

- 1 onion, medium
- 1 bell pepper, large
- 1 jalapeno pepper

MEAT/POULTRY/SEAFOOD:

- 1 lb lean ground beef
- 1 lb ground turkey

**WHOLE GRAINS/
BREADS/PASTA:**

- 8 Kaiser rolls (bakery)

SPICES/SEASONINGS:

- Chili powder

**GROCERY/FROZEN/
MISCELLANEOUS:**

- 1-28 oz can Food Club no salt added tomato sauce
- Dijon-style mustard
- White vinegar

FOLD