

Portobello Sloppy Joe

Ingredients:

2 tbsp. extra virgin olive oil
 2 garlic cloves, chopped
 1 medium green pepper, chopped
 1 red pepper, chopped
 1 medium onion, chopped
 1 lb. Portobello mushrooms, chopped fine
 ¼ tsp. black pepper
 1 cup low sodium tomato sauce
 2 tbsp. low sodium tomato paste
 2 tbsp. BBQ sauce
 1 tsp. dried oregano
 ½ tsp. Tabasco
 6 whole wheat buns



Nutrition Facts

Serving Size 1 sloppy joe (199g)
 Servings Per Container 8

Amount Per Serving			
Calories	200	Calories from Fat	50
		% Daily Value*	
Total Fat	6g		9%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	33g		11%
Dietary Fiber	6g		24%
Sugars	10g		
Protein	6g		
Vitamin A	6%	•	Vitamin C 60%
Calcium	10%	•	Iron 10%

*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	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Sauté peppers and onions until soft.
2. Add mushrooms and cook until soft. Season with salt and pepper.
3. Reduce heat to medium and add remaining ingredients and ¾ cup water.
4. Simmer 10 minutes. Spoon mixture in hamburger buns.