

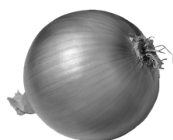
PINTO BEAN SLOPPY JOE



INGREDIENTS Serves: 6 | Serving Size: 1 bun with 1/2 cup sloppy joe filling



canola oil
2 tablespoons



onion
1 medium



**no salt added
canned carrots**
1/2 cup



**low sodium
pinto beans**
1 - 15 oz can



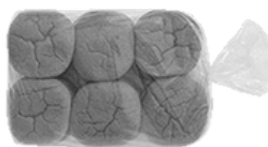
**low sodium
spaghetti sauce**
1 cup



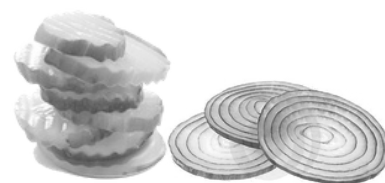
sloppy joe mix
1 tablespoon



water
1/2 cup



**whole wheat
hamburger buns**
pack of 6



**pickles and
onions**
to top (optional)



INSTRUCTIONS

1. DRAIN CANNED VEGETABLES



Drain and rinse pinto beans and carrots in a colander to remove excess sodium.

3. SAUTE VEGETABLES



Heat oil in a saucepan over medium heat. Add onions and carrots and saute until onions are soft. Use a spoon to break up carrots into smaller pieces.

5. SIMMER SAUCE



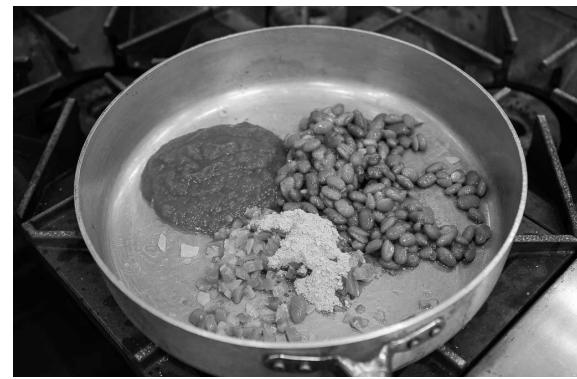
Bring to a simmer, lower heat and cook for 15-20 minutes.

2. PREP VEGETABLES



Dice onion and set aside.

4. ADD SPICES



Add sloppy joe spice mix, beans, and spaghetti sauce and stir to blend.

6. BUILD SANDWICHES



Add bean mixture to buns and top with pickles and onions. Enjoy!

NUTRITION INFORMATION

Calories: 250	Total Carbohydrate: 39g	Protein: 4g
Total Fat: 5g	Dietary Fiber: 4g	Sodium: 660mg

LOWCOUNTRY FOOD BANK



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.
This Institution is an equal opportunity provider.