PINTO BEAN SLOPPY JOE

INGREDIENTS

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

canola oil
1 tablespoon

onion
1/2 medium

low sodium canned carrots
1/2 cup

low sodium pinto beans
1 - 15 oz can

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)
1. DRAIN CANNED VEGETABLES
Drain and rinse pinto beans and carrots in a colander to remove excess sodium.

2. PREP VEGETABLES
Dice onion and set aside.

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.

4. ADD SPICES
Add sloppy joe spice mix, beans, water and spaghetti sauce and stir to blend.

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

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

**NUTRITION INFORMATION**

<table>
<thead>
<tr>
<th></th>
<th>Calories: 250</th>
<th>Total Carbohydrate: 39g</th>
<th>Protein: 4g</th>
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</thead>
<tbody>
<tr>
<td>Total Fat:</td>
<td>5g</td>
<td>Dietary Fiber: 4g</td>
<td>Sodium: 660mg</td>
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