

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)



INSTRUCTIONS

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

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

LOWCOUNTRY FOOD BANK



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