

Ideas for your  
*healthy family*

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## Fun family meals

Whip up some fun in the kitchen. Put your family's taste buds to the test with this simple and tasty recipe.

### Sloppy Joes

Serves 6, serving size: 1 sandwich  
251 calories per serving, 49 mg cholesterol per serving, 203 mg sodium per serving, 9 g fat per serving, 3 g saturated fat per serving

#### Ingredients:

1 pound ground beef (90 percent lean)  
1 large green bell pepper, chopped (about 1 cup)  
1 large onion, chopped (about 1 cup)  
1 ½ cans (10.75 ounces each) reduced-sodium tomato soup (not diluted)  
6 whole-wheat hamburger buns

#### Directions:

1. In a nonstick frying pan, cook the ground beef, pepper and onion until the meat is browned and the vegetables are tender, 7 to 10 minutes. Drain well and return the mixture to the frying pan.
2. Add the tomato soup to the ground beef mixture and stir well. Simmer for at least 10 minutes.
3. To serve, place 2/3 cup of the meat mixture on each bun. Serve immediately.

