

JOHN'S SLOPPY JOES

Ingredients

- 1 lb (16 oz) extra lean (96%) ground beef
- ½ cup chopped onion
- ¼ cup chopped green bell pepper
- ¼ cup finely chopped celery
- 3-4 minced garlic cloves
- 1 (8 oz) can tomato sauce
- ¼ cup ketchup (Heinz one-carb, no sugar added)
- 1 Tbsp. vinegar
- 1 Tbsp. Splenda granulated
- ½ tsp. Worcestershire sauce
- 1/8 tsp. black pepper

Directions:

1. Chop or mince the required ingredients.
2. In a saucepan, brown the ground beef.
3. Combine the remaining ingredients in a saucepan with the ground beef, cover and allow to simmer for 20 minutes.

Variations:

- ✓ Add 1 Tbsp. taco seasoning and serve over shredded lettuce, onions, and salsa.
- ✓ Serve on a large lettuce leaf with a slice of avocado and a sprig of cilantro

Yields: 8 servings

Calories: 90

Fat: 2.5 g

Protein: 12 g

Carbs: 5 g (1 g fiber)



RECIPES



*For eating well
after bariatric
surgery*

*A great way to
pack in protein
from lean beef
and add plenty
of veggies!*

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www.muschealth.com/weightlosssurgery*