

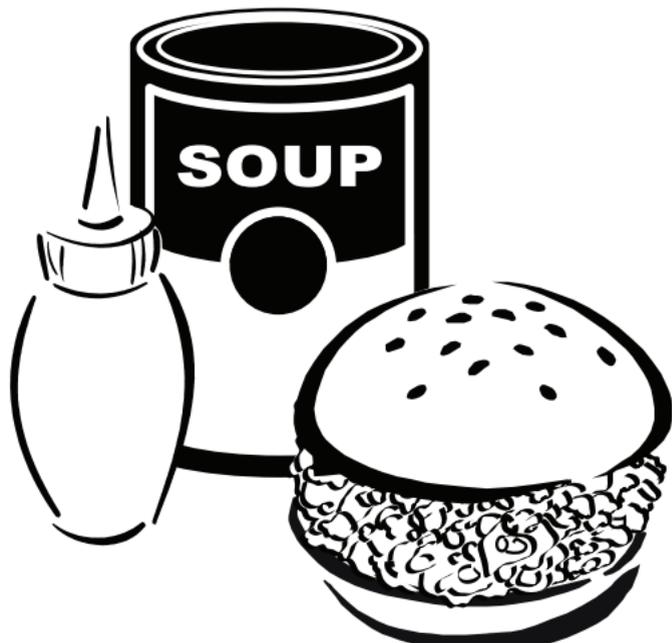


Homemade Sloppy Joes

Servings: 6

1 pound lean ground beef or turkey
10.75-ounce can condensed tomato soup
1 tablespoon mustard
½ teaspoon salt
6 whole-wheat hamburger buns

1. Wash hands and surfaces.
2. Brown ground meat in skillet and drain off fat.
3. Stir in soup, mustard and salt.
Simmer over low heat for 10 minutes,
stirring occasionally.
4. Serve on whole-wheat hamburger buns.
5. Refrigerate leftovers immediately.



Nutrition Facts

6 servings per container

Serving size 1 sandwich (178g)

Amount per serving

Calories 280

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 50mg 17%

Sodium 630mg 27%

Total Carbohydrate 30g 11%

Dietary Fiber 0g **0%**

Total Sugars 7g

Includes 0g Added Sugars **0%**

Protein 17g

Vitamin D 0mcg 0%

Calcium 114mg 8%

Iron 3mg 15%

Potassium 540mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Choose a low-sodium condensed tomato soup to reduce sodium.
- Add leftover vegetables or serve with other veggies. Use fresh, local veggies. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance