

# Let's Cook our Commodities!

## Sloppy Joes

### Ingredients

- 1 can (24 oz.) Beef with Juices, drained
- ½ cup ketchup
- ¼ cup light mayonnaise
- 1 tsp. black pepper
- ½ Tbsp. vegetable or Canola oil
- 1 yellow onion, finely diced
- 12 burger buns or slider buns
- Sliced cheese (optional)
- Lettuce or fresh spinach (optional)

**Makes**  
12 servings

**Prep Time**  
5 minutes

**Cook Time**  
15 minutes

**Good Source of**  
Protein



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### Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 burger (116g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 24g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 17g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1mg	6%
Potassium 174mg	4%

\*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.

### Directions

1. Drain canned meat thoroughly, squeezing and removing all liquid. Use two forks to break up the meat and remove any excess fat.
2. In a mixing bowl, combine meat, ketchup, light mayonnaise, and black pepper. Mix well to combine.
3. In a pan or skillet, heat oil over medium heat. Add onions and sauté until translucent, about 3 minutes.
4. Add meat mixture to pan and cook until mix is heated thoroughly, stirring often. Once heated, remove from heat.
5. In a separate pan, toast the burger bun halves until brown, about 3 to 5 minutes each side.
6. Assemble your sloppy joe by scooping ¼ cup of the sloppy joe mix on top of the toasted bun. Top with sliced cheese, lettuce or spinach leaves, or any other toppings of your choice.
7. Repeat with remaining ingredients. Serve hot. Refrigerate leftovers.

