



Pinto Sloppy Joes Less Chop Large Font

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive Oil	10 mL
2 each	Onion, chopped w/ hand chopper	220 g
2 each	Celery stalks, chopped w/ hand chopper	2 each
2 each	Carrot, peeled and chopped w/ hand chopper	100 g
2 each	Green Bell Pepper, chopped w/ hand chopper	238 g
3 Tbsp	Red Wine Vinegar	45 mL
3 Tbsp	Worcestershire Sauce (vegetarian option - Tbsp reduced sodium soy sauce)	45 mL
2 tsp	Paprika	6 g
1 Tbsp	Tomato Paste	15 g
3 Tbsp	Ketchup	45 mL
1 Tbsp	Light Brown Sugar	15 g
To Taste	Black Pepper, fresh ground	To Taaste
1 can	Pinto Beans, canned, drained and rinsed	424 g
1 1/2 cup	Water	356 mL
6 each	Whole Wheat Hamburger Buns	6 each

Preparation:

1. Gather all ingredients and equipment.
2. Heat olive oil over medium-high heat in a large skillet. Add onion, celery, carrot and bell pepper. Cook for about 5 minutes, stirring occasionally.
3. Add the vinegar, Worcestershire sauce, paprika, tomato paste, ketchup, brown sugar, pepper, beans and water. Reduce the heat to medium low and simmer for about 20 minutes stirring occasionally.
4. As beans soften, mash some of them against the side of the pan to make the mixture thicker.
5. Serve over lightly toasted buns.
6. Freeze or refrigerate the leftovers for use in another recipe.

****Nutrition Facts on Reverse**

11/6/16

Nutrition Facts**Serving size** **1 cup with bun****Servings** **6**

Calories	230
Calories from Fat	25
	2.5
Total Fat	0.5 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated	
Fat	0 g
Cholesterol	0 mg
Sodium	550 mg
Carbohydrates	45 g
Dietary Fiber	8 g
Sugars	9 g
Protein	9 g
Vitamin A	8 %
Calcium	0 %
Vitamin C	0 %
Iron	0 %
Phosphorus	2 mg
