



## Pinto Sloppy Joes

A great meatless alternative to a delicious recipe that provides fiber and protein! You can also try making the dish with half beans and half lean ground meat.

<b>U.S.</b>		<b>Metric</b>
2 tsp	Olive Oil	10 mL
1 each	Onion, medium, diced	100 g
2 each	Celery stalks, diced	2 each
1 each	Carrot, medium, peeled and diced	50 g
1/2 each	Green Bell Pepper, diced	30 g
2 Tbsp	Red Wine Vinegar	30 g
1 Tbsp	Worcestershire Sauce	15 g
2 tsp	Paprika	6 g
1 Tbsp	Tomato Paste	14 g
2 Tbsp	Ketchup	22 g
1 Tbsp	Light Brown Sugar	12.4 g
To Taste	Black Pepper, fresh ground	To Taste
2 (15 oz) can	Pinto Beans, canned, drained and rinsed	800 g
1 cup	Vegetable Stock or Water	355 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, until onion is translucent, stirring occasionally.
3. Add the vinegar, Worcestershire sauce, paprika, tomato paste, ketchup, brown sugar, pepper, beans and stock.
4. Reduce the heat to medium low and simmer for about 20 minutes stirring occasionally.
5. As beans soften, mash some of them against the side of the pan to make the mixture thicker.
6. Serve over lightly toasted whole grain buns.

**\*\*Nutrition Facts on Reverse**



# Nutrition Facts

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14 Servings

**Serving size** 1/2 cup beans w/ bun

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**Amount per serving**

**Calories** 240

Calories from Fat 40

**Total Fat** 5 g

Saturated Fat 0.5 g

Trans Fat 0 g

Monounsaturated Fat 1 g

**Cholesterol** 0 mg

**Sodium** 490 mg

**Total Carbohydrate** 43 g

Dietary Fiber 7 g

Total Sugars 6 g

Includes 1 g Added Sugars

**Protein** 12 g

Vitamin D 0 %

Calcium 4 %

Iron 4 %

Potassium 170 mg

Phosphorus 44 mg