# 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.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 tsp Olive Oil</td>
<td>10 mL</td>
</tr>
<tr>
<td>1 each Onion, medium, diced</td>
<td>100 g</td>
</tr>
<tr>
<td>2 each Celery stalks, diced</td>
<td>2 each</td>
</tr>
<tr>
<td>1 each Carrot, medium, peeled and diced</td>
<td>50 g</td>
</tr>
<tr>
<td>1/2 each Green Bell Pepper, diced</td>
<td>30 g</td>
</tr>
<tr>
<td>2 Tbsp Red Wine Vinegar</td>
<td>30 g</td>
</tr>
<tr>
<td>1 Tbsp Worcestershire Sauce</td>
<td>15 g</td>
</tr>
<tr>
<td>2 tsp Paprika</td>
<td>6 g</td>
</tr>
<tr>
<td>1 Tbsp Tomato Paste</td>
<td>14 g</td>
</tr>
<tr>
<td>2 Tbsp Ketchup</td>
<td>22 g</td>
</tr>
<tr>
<td>1 Tbsp Light Brown Sugar</td>
<td>12.4 g</td>
</tr>
<tr>
<td>To Taste Black Pepper, fresh ground</td>
<td>To Taste</td>
</tr>
<tr>
<td>2 (15 oz) can Pinto Beans, canned, drained and rinsed</td>
<td>800 g</td>
</tr>
<tr>
<td>1 cup Vegetable Stock or Water</td>
<td>355 mL</td>
</tr>
<tr>
<td>6 each Whole Wheat Hamburger Buns</td>
<td>6 each</td>
</tr>
</tbody>
</table>

**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

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

### 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