Sloppy Joe Taco Salad

Store portions of the Sloppy Joe and reheat on the stove or in the microwave for a quick and easy dinner.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/2 of recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings</td>
<td>2</td>
</tr>
</tbody>
</table>

**Calories**

<table>
<thead>
<tr>
<th>Calories</th>
<th>195</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories from Fat</td>
<td>45</td>
</tr>
</tbody>
</table>

- Total Fat: 5 g
- Saturated Fat: 0 g
- Trans Fat: 0 g
- Monounsaturated Fat: 0 g
- Cholesterol: 10 mg
- Sodium: 380 mg
- Carbohydrates: 33 g
- Dietary Fiber: 6 g
- Sugars: 6 g
- Protein: 9 g

- Vitamin A: 130 %
- Calcium: 4 %
- Vitamin C: 33 %
- Iron: 4 %
- Phosphorus: 0 mg

**Preparation:**

1. Gather all ingredients and equipment.
2. Mix sloppy Joe mixture and corn together. Add jalapeno if using. Heat in a medium sized sauce pan or in microwave until hot.
3. Place a crumbled taco shell or 1/2 cup tortilla chips on top of plates.
4. Top each plate with half of lettuce, Sloppy Joe mix, tomatoes and cheese.