

Chipotle Sloppy Joes with Crunchy Coleslaw

“As seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc.”

- 1 pound ground beef (95% lean)
- ¼ cup chopped onion
- ¾ cup ketchup
- ½ cup frozen corn
- ½ cup canned black beans, rinsed, drained
- ½ cup tomato sauce
- 1 to 2 teaspoons minced chipotle peppers in adobo sauce
- ½ teaspoon ground cumin
- ¼ cup chopped fresh cilantro
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 4 whole wheat hamburger buns, split

CRUNCHY COLESLAW

- ¼ cup plain nonfat yogurt
- 1 tablespoon light mayonnaise
- 2 teaspoons cider vinegar
- ¼ teaspoon hot pepper sauce
- 1/8 teaspoon salt
- 1½ cups packaged coleslaw mix
- ½ red bell pepper, cut into 1/8-inch thick strips
- Black pepper, as desired



Cool, crunchy coleslaw teams with the smoky flavor of chipotle beef to create a taste sensation you'll never forget.

**Total preparation and cooking time:
30 minutes**

Makes 4 servings.

COOK'S TIP

Thinly sliced green cabbage may be substituted for the packaged coleslaw mix.

This recipe works well with all varieties of lean ground beef.

1. To prepare Crunchy Coleslaw, combine yogurt, mayonnaise, vinegar, pepper sauce, and salt in small bowl. Add coleslaw mix and bell pepper; toss to coat. Season with black pepper, as desired. Refrigerate, covered, until ready to serve.
2. Brown ground beef with onion in large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into ¾-inch crumbles. Pour off drippings. Stir in ketchup, corn, beans, tomato sauce, chipotle peppers, and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring often. Stir in cilantro, salt, and black pepper.
3. Place beef mixture on bottom half of each bun; top with coleslaw. Close sandwiches.