

Super Sloppy Joes with Broccoli Slaw

Total recipe time: 30 minutes Makes 6 servings

Ingredients

1-1/2 pounds ground beef (95% lean)
1/2 cup chopped onion
1/4 teaspoon pepper
1/2 cup canned black beans, rinsed, drained
1/2 cup frozen corn
1/2 cup ketchup
1/2 cup barbecue sauce
6 whole wheat sandwich buns, toasted



Broccoli Slaw:

1/4 cup reduced-fat ranch dressing
1 tablespoon Dijon-style mustard
2 cups packaged broccoli slaw

Instructions

1. Heat large nonstick skillet over medium heat until hot. Add ground beef and onion; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove drippings. Season with pepper. Stir in beans, corn, ketchup and barbecue sauce. Cook 3 to 5 minutes or until heated through, stirring occasionally.
2. Meanwhile, prepare Broccoli Slaw. Combine dressing and mustard in medium bowl. Add broccoli slaw; toss to coat.
3. Place about 2/3 cup beef mixture on bottom half of each bun; top with 1/4 cup broccoli slaw. Close sandwiches.

Nutritional Information Per Serving

Nutrition information per serving: 393 calories; 11 g fat (4 g saturated fat; 4 g monounsaturated fat); 78 mg cholesterol; 1093 mg sodium; 44 g carbohydrate; 6.4 g fiber; 31 g protein; 8.1 mg niacin; 0.5 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 4.6 mg iron; 39.4 mcg selenium; 7.0 mg zinc.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

