

MAKING RECIPES WORK FOR YOUR FAMILY

Tempted to skip over a recipe because of one ingredient? Just use something else!

When planning a meal for your family, it's okay to start with just an idea instead of an exact recipe.

Make changes to recipes based on

- Foods you have on hand, including leftovers
- What produce is in season
- Your family's tastes
- Ingredients on sale

Use these ideas to adjust recipes in a way that appeals to your family.

SOUP/STEW

- Mix it up with different meats, vegetables, or beans.
- Season to your tastes with different herbs or spices.
- Go meatless.

STIR FRY

- Use whatever veggies and meats you have on hand.
- Go meatless by using extra firm tofu or frozen edamame (soy beans).
- Swap brown rice for other whole grains like instant barley or whole grain pasta.

WRAP

- Use different beans, veggies, cheeses, or herbs.
- Sub tofu for eggs.
- Make heartier by adding leftover rice or cooked meats.

CASSEROLE

- Use different types of toppings, whole grains, or sauces.
- Add chopped vegetables, meat, or tuna.
- Season with different spices.

Sloppy Joes

Ready In: 20 minutes

Serves: 6

Try this tasty version of the traditional Sloppy Joe sandwich.

Ingredients

- » 1/2 cup Yellow Onion *chopped*
- » 1/2 cup Green Bell Pepper *chopped*
- » 1 cup Mushrooms *chopped*
- » 1 pound Ground Beef *90% lean*
- » 1 cup Barbeque Sauce *low sugar and low sodium if possible*
- » 1/8 teaspoon Black Pepper
- » 1/4 teaspoon Dried Oregano
- » 1/4 teaspoon Dried Thyme
- » 6 Whole Wheat Hamburger Buns



What you'll need

- » Large skillet

Directions

1. Heat a large nonstick skillet over medium heat.
2. Add onion, bell pepper, mushrooms, and beef.
3. Cook, stirring to break up beef, until vegetables are soft and beef is browned.
4. Stir in barbecue sauce and remaining ingredients.
5. Reduce heat to medium-low, cover, and cook until heated throughout, about 15 minutes.
6. Spoon 1/2 cup of the beef mixture on each roll. Eat open-faced or as a sandwich.

Chef's Tips

Ground turkey can be substituted if 90% lean ground beef isn't available.

Nutrition Facts	
Serving Size 0.50 cup	
Serving Per Container 6	
Amount Per Serving	
Calories 332	
	% Daily Value*
Total Fat 7.7 g	10%
Saturated Fat 3.6 g	18%
Sodium 733 mg	32%
Total Carbohydrate 45 g	16%
Dietary Fiber 3 g	11%
Protein 22 g	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



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