



Sloppy Joes with Maui Onion Straws

READY IN



60 min.

SERVINGS



24

CALORIES



313 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons brown sugar packed
- ☐ 0.3 cup canola oil
- ☐ 2 cups canola oil
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon mustard dry
- ☐ 1 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons garlic minced
- ☐ 1 teaspoon garlic powder

- ☐ 1 bell pepper diced green seeded
- ☐ 1 pound ground beef
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground pork
- ☐ 24 hawaiian rolls sweet
- ☐ 1 jalapeno diced deveined seeded
- ☐ 24 servings kosher salt and pepper freshly ground
- ☐ 0.5 cup milk
- ☐ 1 tablespoon paprika
- ☐ 1 teaspoon paprika
- ☐ 1 bell pepper diced red seeded
- ☐ 1 onion diced red
- ☐ 0.3 cup red wine
- ☐ 0.3 cup red wine vinegar
- ☐ 24 servings sea salt and pepper freshly ground
- ☐ 1 onion sweet (Maui or Vidalia)
- ☐ 6 ounce tomato paste canned
- ☐ 1.5 cups tomato sauce
- ☐ 0.3 cup worcestershire sauce

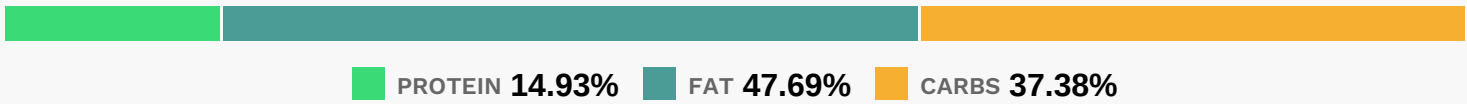
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ drinking straws

Directions

- ☐ Watch how to make this recipe.
- ☐ Prepare the sloppy joes: In a large saute pan over medium-high heat, combine the canola oil, bell peppers, jalapeno and onion; cook for 5 minutes.
- ☐ Add the beef and pork; cook thoroughly, breaking up the meat as it browns.
- ☐ Add the garlic. Depending on the amount of residual grease, you may need to drain some of the fat from the pan. Deglaze with the red wine, then stir in the remaining sloppy joe ingredients (except the rolls) and season with 1 tablespoon each salt and freshly ground pepper. Reduce the heat and simmer for 20 to 30 minutes. If the sauce gets too thick as it simmers, add up to 1 cup water to adjust the consistency. Toast the rolls and set aside.
- ☐ Meanwhile, prepare the onion straws: In a medium sauce pot, heat the oil to 350 degrees.
- ☐ Whisk the egg and milk in a medium bowl.
- ☐ Mix the flour, cayenne pepper, paprika, garlic powder, 1 tablespoon salt and 1 teaspoon freshly ground pepper in another medium bowl.
- ☐ Cut the onion in half, then slice into 1-inch-thick half rings; separate into short straw-like pieces.
- ☐ Add to the milk mixture to soak.
- ☐ Once the oil is hot enough, remove the onions from the milk mixture, shake off excess and dredge in the flour mixture, 4 or 5 pieces at a time.
- ☐ Add to the pot and fry until golden brown; transfer to paper towels to drain.
- ☐ Serve the sloppy joes on the toasted rolls and top with onion straws.
- ☐ Photograph by James Baigrie

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:6.52, Inflammation Score:-5, Nutrition Score:8.8573912433956%

Flavonoids

Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg, Malvidin: 0.35mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.18mg, Catechin:

0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 312.94kcal (15.65%), Fat: 16.52g (25.41%), Saturated Fat: 4.58g (28.63%), Carbohydrates: 29.12g (9.71%), Net Carbohydrates: 27.87g (10.14%), Sugar: 8.15g (9.06%), Cholesterol: 45.19mg (15.06%), Sodium: 622.09mg (27.05%), Alcohol: 0.26g (100%), Alcohol %: 0.2% (100%), Protein: 11.63g (23.27%), Selenium: 12.36µg (17.65%), Vitamin C: 14.56mg (17.64%), Vitamin B1: 0.26mg (17.41%), Vitamin B3: 2.67mg (13.34%), Vitamin B6: 0.24mg (12.24%), Vitamin E: 1.74mg (11.63%), Phosphorus: 103.95mg (10.4%), Vitamin B2: 0.18mg (10.31%), Vitamin A: 505.29IU (10.11%), Zinc: 1.47mg (9.83%), Vitamin B12: 0.58µg (9.71%), Iron: 1.73mg (9.63%), Manganese: 0.16mg (8.24%), Folate: 32.35µg (8.09%), Potassium: 282.49mg (8.07%), Vitamin K: 6.73µg (6.41%), Fiber: 1.25g (5%), Magnesium: 19.14mg (4.78%), Copper: 0.1mg (4.76%), Vitamin B5: 0.44mg (4.44%), Calcium: 32.49mg (3.25%)