



Super Sloppy Joes

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



1033 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 4 servings coarse salt
- ☐ 4 crusty rolls split toasted
- ☐ 1.3 pounds ground beef sirloin
- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 onion
- ☐ 1 medium onion chopped

- ☐ 1 teaspoon cayenne pepper sauce red hot (recommended: Tabasco or Frank's)
- ☐ 5 potatoes diced all-purpose peeled
- ☐ 1 small bell pepper red chopped
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 scallions thinly sliced for garnish
- ☐ 2 teaspoons steak seasoning blend such as mccormick brand montreal seasoning
- ☐ 1 teaspoon paprika sweet
- ☐ 2 tablespoons tomato paste
- ☐ 2 cups tomato sauce
- ☐ 1 tablespoon worcestershire sauce
- ☐ 3 tablespoons mustard yellow prepared

Equipment

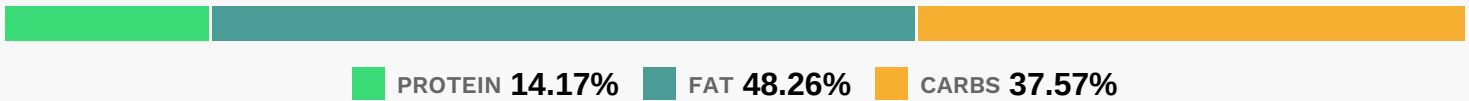
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ mixing bowl
- ☐ pot
- ☐ ice cream scoop
- ☐ grater

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat a large skillet over medium high heat.
- ☐ Add oil and meat to the pan.
- ☐ Spread the meat around the pan and begin to break it up.
- ☐ Combine brown sugar and steak seasoning.

- ☐ Add sugar and spice mixture to the skillet and combine. When the meat has browned, add onion and red peppers to the skillet. Reduce heat to medium and cook onions, peppers, red wine vinegar and Worcestershire sauce with meat for 5 minutes.
- ☐ Add tomato sauce and paste to pan. Stir to combine. Reduce heat to simmer and cook Sloppy Joe mixture 5 minutes longer. Using a large spoon or ice cream scoop, pile sloppy meat onto toasted, buttered bun bottoms and cover with bun tops.
- ☐ Serve with your favorite sides or sliced tomatoes seasoned with salt and pepper, dill pickles and Deviled Potato Salad. Have plenty of napkins on hand!
- ☐ Boil potatoes in water seasoned with coarse salt until they are tender, about 10 minutes.
- ☐ Drain cooked potatoes and return to the warm pot to dry them out.
- ☐ Let the potatoes stand 2 minutes, then spread potatoes out on to a cookie sheet to quick-cool them.
- ☐ In the bottom of a medium mixing bowl, grate 1/4 onion using a hand grater.
- ☐ Add mustard and mayonnaise, paprika and cayenne pepper sauce to the grated onion and stir to combine.
- ☐ Add potatoes to the bowl and stir to evenly distribute dressing. Season potato salad with salt and pepper and taste to adjust your seasonings. Top servings of salad with chopped scallions.

Nutrition Facts



Properties

Glycemic Index:106.44, Glycemic Load:37.89, Inflammation Score:-9, Nutrition Score:45.386956520703%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg, Isorhamnetin: 1.72mg Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg, Kaempferol: 2.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg, Quercetin: 9.53mg

Nutrients (% of daily need)

Calories: 1033.23kcal (51.66%), Fat: 55.94g (86.06%), Saturated Fat: 15.28g (95.51%), Carbohydrates: 97.99g (32.66%), Net Carbohydrates: 85.73g (31.17%), Sugar: 24.15g (26.84%), Cholesterol: 112.4mg (37.47%), Sodium:

1598.26mg (69.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.97g (73.94%), Vitamin C: 90.81mg (110.07%), Vitamin K: 90.04µg (85.75%), Vitamin B6: 1.55mg (77.42%), Potassium: 2223.46mg (63.53%), Vitamin B3: 12.65mg (63.27%), Selenium: 40.25µg (57.49%), Manganese: 1.1mg (54.77%), Zinc: 7.75mg (51.66%), Iron: 9.27mg (51.49%), Vitamin B12: 3.07µg (51.12%), Phosphorus: 495.36mg (49.54%), Fiber: 12.26g (49.04%), Vitamin B1: 0.6mg (39.69%), Folate: 140.75µg (35.19%), Vitamin E: 5.24mg (34.92%), Magnesium: 137.87mg (34.47%), Vitamin B2: 0.58mg (34.31%), Copper: 0.67mg (33.66%), Vitamin A: 1615.78IU (32.32%), Vitamin B5: 2.33mg (23.26%), Calcium: 196.76mg (19.68%), Vitamin D: 0.2µg (1.32%)