



Texmex Sloppy Joes

 Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



570 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bacon grease
- ☐ 1 cup beef broth
- ☐ 0.5 bell pepper diced
- ☐ 15 ounce tomato sauce canned
- ☐ 0.3 teaspoon cayenne
- ☐ 2 chipotle chili peppers in adobo chopped to taste (or)
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 teaspoon cumin toasted

- ☐ 2 cloves garlic chopped
- ☐ 1 pound ground beef
- ☐ 1 jalapeno diced seeded finely
- ☐ 0.3 cup catsup
- ☐ 1 tablespoon juice of lime
- ☐ 1 onion diced
- ☐ 1 teaspoon oregano
- ☐ 4 servings salt and pepper to taste
- ☐ 1 teaspoon paprika smoked
- ☐ 4 buns
- ☐ 1 tablespoon worcestershire sauce

Equipment

- ☐ frying pan

Directions

- ☐ Cook the beef in a large pan over medium heat and set aside.
- ☐ Heat the oil in the pan, add the onions, bell and jalapeno peppers and cook until tender, about 5–7 minutes.
- ☐ Add the garlic and cumin and cook until fragrant, about a minute.
- ☐ Add the beer or broth and deglaze the pan.
- ☐ Add beef, tomato sauce, chipotle chili peppers in adobo, oregano, paprika, cayenne, Worcestershire sauce and ketchup and simmer for 20 minutes.Season with salt and pepper to taste and mix in the lime juice and cilantro.
- ☐ Serve in buns with guacamole, diced onions, sliced jalapenos, crumbled cotija and cilantro to taste.

Nutrition Facts



☐ PROTEIN 19.42% ☐ FAT 45.79% ☐ CARBS 34.79%

Properties

Glycemic Index:82, Glycemic Load:25.76, Inflammation Score:-9, Nutrition Score:22.608261123947%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 570.1kcal (28.5%), Fat: 29.15g (44.84%), Saturated Fat: 10.23g (63.96%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 44.93g (16.34%), Sugar: 14.35g (15.95%), Cholesterol: 83.84mg (27.95%), Sodium: 1489.96mg (64.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.63%), Iron: 15.24mg (84.67%), Vitamin C: 35.85mg (43.45%), Vitamin B12: 2.47µg (41.15%), Zinc: 5.19mg (34.59%), Vitamin B3: 6.92mg (34.58%), Vitamin B6: 0.63mg (31.69%), Vitamin A: 1427.65IU (28.55%), Selenium: 18.68µg (26.68%), Potassium: 855.49mg (24.44%), Phosphorus: 243.35mg (24.33%), Vitamin E: 2.93mg (19.53%), Fiber: 4.88g (19.52%), Vitamin B2: 0.32mg (18.7%), Manganese: 0.28mg (14.2%), Vitamin K: 13.78µg (13.13%), Copper: 0.25mg (12.35%), Magnesium: 49.19mg (12.3%), Vitamin B5: 1.05mg (10.45%), Folate: 36.06µg (9.02%), Calcium: 77.87mg (7.79%), Vitamin B1: 0.11mg (7.53%), Vitamin D: 0.2µg (1.34%)