

Greek Sloppy Joes

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Servings: 6

1 pound ground beef (90% lean)
1 small red onion, chopped
2 cloves garlic, minced
1 can (15 ounce) tomato sauce
1 teaspoon dried oregano
2 cups romaine lettuce, chopped
6 kaiser rolls, split and toasted
1/2 cup crumbled feta cheese

In a large skillet, cook the beef, onion and garlic over medium heat for 6 to 8 minutes or until the beef is no longer pink, breaking up the beef into crumbles. Drain.

Stir in the tomato sauce and oregano. Bring to a boil. Reduce the heat and simmer, uncovered, for 8 to 10 minutes or until the sauce is slightly thickened, stirring occasionally.

Place the romaine on the roll bottoms. Top with the meat mixture. Sprinkle with feta cheese. Replace the tops.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 58 Calories; 3g Fat (41.3% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 11mg Cholesterol; 388mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	58
% Calories from Fat:	41.3%
% Calories from Carbohydrates:	40.9%
% Calories from Protein:	17.8%
Total Fat (g):	3g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	11mg
Carbohydrate (g):	6g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	14mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 3g
 Sodium (mg): 388mg
 Potassium (mg): 209mg
 Calcium (mg): 78mg
 Iron (mg): 1mg
 Zinc (mg): 1mg
 Vitamin C (mg): 5mg
 Vitamin A (i.u.): 473IU
 Vitamin A (r.e.): 58 1/2RE

Grain (Starch): 0
 Lean Meat: 1/2
 Vegetable: 1
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 1/2
 Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 58 Calories from Fat: 24

% Daily Values*

Total Fat	3g	4%
Saturated Fat	2g	9%
Cholesterol	11mg	4%
Sodium	388mg	16%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	5%
Protein	3g	

Vitamin A	9%
Vitamin C	8%
Calcium	8%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.