

# Not So Sloppy Joes

Barton Seaver - National Geographic Kids Cookbook  
www.relish.com

## Servings: 4

1 pound ground beef (10 to 20% fat)  
1 yellow onion, diced  
1 tablespoon dried oregano  
1 tablespoon Worcestershire sauce  
1 tablespoon red wine vinegar  
1 can (6 ounce) tomato paste  
1 1/2 cups tomato sauce  
1/4 teaspoon salt  
4 whole-wheat hamburger buns

Place the beef in a large saute' pan. Cook over medium heat, breaking up the beef and stirring frequently, until it begins to release some of its fat and juices.

Add the onion. Stir to mix well. Cook over medium heat until the onion begins to soften, about 10 minutes.

Add the oregano, Worcestershire sauce, vinegar and the tomato paste. Stir to combine. Cook for 5 minutes, stirring occasionally. Add the tomato sauce and salt. Stir to combine.

Turn the heat to low. Cover the pan and simmer for 15 minutes.

Toast the hamburger buns.

Scoop the beef mixture onto the buns.

Serve.

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Per Serving (excluding unknown items): 72 Calories; trace Fat (5.3% calories from fat); 3g Protein; 17g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 986mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Fat; 0 Other Carbohydrates.

Sandwiches

## Per Serving Nutritional Analysis

Calories (kcal):	72	Vitamin B6 (mg):	.3mg
% Calories from Fat:	5.3%	Vitamin B12 (mcg):	0mcg

% Calories from Carbohydrates:	80.7%
% Calories from Protein:	14.0%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	17g
Dietary Fiber (g):	4g
Protein (g):	3g
Sodium (mg):	986mg
Potassium (mg):	743mg
Calcium (mg):	53mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	28mg
Vitamin A (i.u.):	1782IU
Vitamin A (r.e.):	179RE

Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	24mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	3
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

<b>Calories</b>	72	<b>Calories from Fat:</b>	4
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### % Daily Values\*

<b>Total Fat</b>	trace	1%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	986mg	41%
<b>Total Carbohydrates</b>	17g	6%
Dietary Fiber	4g	14%
<b>Protein</b>	3g	
<b>Vitamin A</b>		36%
<b>Vitamin C</b>		47%
<b>Calcium</b>		5%
<b>Iron</b>		12%

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