

Sloppy Joes

Serves 4, 1/2 cup per serving

Ingredients

- 2 cups meat sauce master mix (page x)
- 1 Tablespoon vinegar
- 1 Tablespoon brown sugar
- 1/4 cup ketchup



Directions

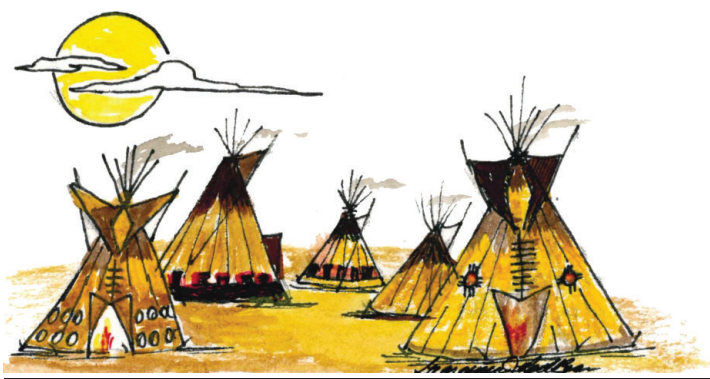
1. In a small bowl, mix meat sauce master mix (page x), vinegar, brown sugar, and ketchup.
2. Place in a quart-size freezer bag, seal, date, and secure instructions.
3. Freeze with bag of whole wheat hamburger buns.

Note: Recipe may be divided and frozen in individual servings.

To Cook

1. Thaw in refrigerator for 24 hours.
2. Heat mix in microwave or on stove top until mixture reaches 165°F.
3. Toast hamburger buns in oven.

Nutrition Note: Nutrition Facts label does not include hamburger bun information.



Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 4

Amount Per Serving

Calories 180

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 600mg	25%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	48%

*Percent Daily Values are based on a 2,000 calorie diet.