



JANUARY RECIPE • 2011 FOOD AND NUTRITION CALENDAR

# GAME DAY SLOPPY JOES



- 1 pound ground chuck
- $\frac{3}{4}$  cup chopped onion
- $\frac{1}{2}$  cup chopped celery
- 1 can (15 ounces) tomato sauce
- 2 tablespoons quick cooking oats
- 1 teaspoon seasoned salt
- 1 teaspoon Worcestershire sauce
- $\frac{1}{2}$  teaspoon chili powder
- $\frac{1}{8}$  teaspoon black pepper
- Dash hot sauce
- 12 hamburger buns

1. In a 10 inch skillet, cook ground chuck, onion, and celery until meat is browned and onion is tender. Drain off excess fat.
2. Stir in tomato sauce, oats, seasoned salt, Worcestershire sauce, chili powder, pepper, and hot sauce.
3. Simmer, uncovered, on a low temperature for 30 minutes. Stir often.
4. Spoon about  $\frac{1}{3}$  cup meat mixture onto each bun.

## MAKES 12 SERVINGS

**Serving Size:**  $\frac{1}{3}$  cup sloppy joe sauce on 1 bun

**Cost Per Recipe:** \$5.29

**Cost Per Serving:** 44 cents

**SOURCE:** Sarah Brandl, Extension Specialist, University of Kentucky Cooperative Extension Service

## NUTRITION FACTS PER SERVING:

189 calories; 4 g total fat; 1 g saturated fat; 0 g trans fat; 25 mg cholesterol; 549 mg sodium; 25 g carbohydrate; 2 g fiber; 12 g protein; 3% Daily Value of vitamin A; 4% Daily Value of vitamin C; 7% Daily Value of calcium; 15% Daily Value of iron

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.



## GROCERY LIST

- 1 pound ground chuck
- 1 onion ( need  $\frac{3}{4}$  cup chopped)
- Celery (need  $\frac{1}{2}$  cup chopped)
- 1 can (15 ounces) tomato sauce
- Quick cooking oats (need 2 tablespoons)
- Seasoned salt (need 1 teaspoon)
- Worcestershire sauce (need 1 teaspoon)
- Chili powder (need  $\frac{1}{2}$  teaspoon)
- Black pepper (need  $\frac{1}{8}$  teaspoon)
- Hot sauce (need a dash)
- 12 hamburger buns

## MAKE IT A PARTY

- **Game Day Sloppy Joes**
- Green beans
- Oranges
- Potato chips
- Brownies
- Beverages

## BEST BUYS

- Oranges
- Tangelos
- Split peas

## TIP

Stretch your food dollar by comparing prices. The largest package or the sale item, may not be the best buy.