Dinner Tonight!

Tex Mex Sloppy Joes with Crunchy Coleslaw

1 pound lean ground beef
1/4 cup chopped onion
1/2 cup frozen corn
1/2 cup canned black beans, rinsed, drained
1 (8 ounce) can tomato sauce (reduced sodium)
1/4 cup ketchup

2 teaspoons chipotle salsa
1/2 teaspoon smoked paprika
1/4 cup chopped fresh cilantro
1/4 teaspoon salt
1/4 teaspoon black pepper
4 whole wheat hamburger buns, split

Crunchy Coleslaw
1/4 cup plain nonfat yogurt
1 Tablespoon light mayonnaise
2 teaspoons cider vinegar
1/4 teaspoon hot pepper sauce
1/8 teaspoon salt

1 1/2 cups packaged coleslaw mix
1/2 red bell pepper, cut into 1/8-inch thick strips

Brown ground beef with onion in large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into 3/4-inch crumbles. Pour off drippings. Stir in corn, beans, tomato sauce, ketchup, chipotle salsa and smoked paprika; bring to a boil. Reduce heat; simmer 5 minutes, stirring often. Stir in cilantro, salt and black pepper.

To prepare crunchy coleslaw, combine yogurt, mayonnaise, vinegar, pepper sauce and salt in small bowl. Add coleslaw mix and bell pepper; toss to coat. Season with black pepper, as desired. Refrigerate, covered, until ready to serve.

Place beef mixture on bottom half of each bun; top with coleslaw. Close sandwiches.

Preparation Time: 30 minutes
Serves: 4
Cost per serving: $2.00

Nutrition facts per serving
Calories: 406
Total Fat: 10 g
Cholesterol: 77 mg
Sodium: 760 mg
Total Carbohydrate: 50 g
Fiber: 6 g
Protein: 33 g