Dinner Tonight!

Skinny Sloppy Joes

12 ounces lean ground beef
1 large onion, finely diced
1 – 15 ounce can diced tomatoes
2 Tablespoons all purpose flour
1 teaspoon Worcestershire sauce
1/2 cup water
1/4 cup chili sauce
1/4 cup ketchup
8 whole-wheat hamburger buns

Crumble beef into a large nonstick skillet; cook over medium heat until it starts to sizzle, about 1 minute. Add onion and cook, stirring occasionally, breaking up the meat with a wooden spoon until the onion is soft and the moisture has evaporated, 8 to 10 minutes. Add tomatoes and flour; stir to combine. Stir in water, chili sauce, ketchup and Worcestershire sauce and bring to a simmer, stirring often. Reduce heat to a low simmer and cook, stirring occasionally, until the sauce is thickened and the onion is very tender, 8 to 10 minutes. Serve on warm buns.

Active Time: 35 minutes
Total Time: 45 minutes
Serves: 8 (1/2 cup filling each)
Cost per serving: $1.15

Nutrition facts per serving
Calories: 233
Total Fat: 6 g
Cholesterol: 28 mg
Sodium: 436 mg
Total Carbohydrate: 31 g
Protein: 14 g
Fiber: 5 g

Serve with: Baked pita chips