

Sloppy Joes

By Chef Andy Ruszczyk



INGREDIENTS:

- 1/2 lb. lean ground beef
- 1x 15.5 oz. can lentils
- 2 garlic cloves, minced
- 1 yellow onion
- 1 bell pepper, diced
- 2 carrots, diced
- 1x 15 oz. can tomato sauce
- 1 cauliflower head, destemmed & cut into florets
- 2 Tbsp. olive oil
- 1/2 cup water
- salt & pepper to taste
- garlic powder to taste
- 1 x 8-pack Wegmans Whole Wheat Rolls

DIRECTIONS:

1. Preheat oven to 450°F.
2. Heat a large pot with 1 Tbsp. olive oil over high heat. Sauté onion for 1-2 minutes. Add garlic, bell pepper, carrots, ground beef, and seasonings. Brown meat for 8-10 minutes until cooked. Drain grease if needed.
3. Add tomato sauce and lentils to meat mixture. Add water to can and swirl around. Pour it into pot.
4. Stir to combine the sauce and meat well. Lower heat and simmer for 5-10 minutes. Stir occasionally. Once cooked, let it stand for 5 minutes.
5. While meat is cooking, combine florets, 1 Tbsp. olive oil, garlic powder, and pepper in a bowl. Mix well.
6. Spread cauliflower on a large baking sheet and roast in the oven at 450°F for 15-20 minutes until soften and brown.
7. Scoop 1 cup meat mixture onto bun. Add a side of roasted cauliflower.
8. Enjoy the sloppiness! You may need to grab a spoon!

MEAL KIT SHOPPING LIST



30 min

Yield: 8 servings



1 green pepper



1 yellow onion



2 garlic cloves



2 carrots



1 head of cauliflower



1 lb. lean ground beef



Wegmans whole wheat buns, 8-pack



1 x 15 oz. tomato sauce



1 x 15.5 oz. lentils

Seasonings and more:

- garlic powder
- olive oil

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Healthy Options.
Cooking at Home

Grocery cost: \$20.23

Recipe cost: \$16.79

Cost per meal: \$2.09

*prices found at Wegmans as of April 2024