

MONGOLIAN SLOPPY JOES

Total preparation & cooking time: 30 minutes



- 1 pound ground beef (90% lean)
- 1 medium onion, chopped
- 2 serrano peppers, seeded and chopped
- 3 tablespoons hoisin sauce
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 1 tablespoon honey
- 6 sesame seed hamburger buns, split

1. Brown ground beef with onion and peppers in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into 3/4-inch crumbles; drain.
2. Stir in hoisin sauce, oyster sauce, soy sauce and honey; bring to boil. Reduce heat; simmer 5 minutes, stirring often.
3. Place 1/2 cup beef mixture on bottom half of each bun; close sandwiches.

Makes 6 servings

Nutrition information per serving: 328 calories; 10 g fat (4 g saturated fat; 3 g monounsaturated fat); 51 mg cholesterol; 912 mg sodium; 36 g carbohydrate; 1.5 g fiber; 22 g protein; 4.2 mg niacin; 0.3 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 2.0 mg iron; 12.6 mcg selenium; 4.0 mg zinc; 55.1 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₁₂ and zinc; and a good source of vitamin B₆, iron, selenium and choline.



Funded in Part by the Beef CheckOff

