



PREPARATION: 10 MINUTES

COOKING: 25 MINUTES

4 SERVINGS

# BLACK BEAN SLOPPY JOES

## INGREDIENTS

2 tablespoons canola oil

300 g extra-lean ground pork

½ cup canned black beans, no sodium added, rinsed and drained

1 cup onion, diced

½ cup colored bell pepper, diced

1 ½ tablespoons chili powder

1/2 tablespoon paprika

1 teaspoon mustard powder

1 tablespoon tomato paste  
(choose product with less sodium)

2 cloves garlic, minced

1 cup no sodium chicken broth

3 tablespoons white vinegar

2 tablespoons brown sugar

1 tablespoon Worcestershire sauce

Black pepper

### Assembly

4 hamburger buns

¼ cup shredded mozzarella cheese

## PREPARATION

- 1** In a large skillet over medium-high heat, heat oil and brown the meat (3–4 minutes). Add the beans, onion, bell pepper, and spices. Continue cooking for 5 minutes, stirring occasionally.
- 2** Add tomato paste and garlic. Cook for 1 minute, stirring.
- 3** Add chicken broth, vinegar, sugar, and Worcestershire sauce, and bring to a boil. Reduce heat to medium and simmer for about 15 minutes, or until most liquid has evaporated. Season with black pepper to taste.
- 4** Toast the buns, fill with the mixture, and top with 1 tablespoon cheese per bun. Serve with a salad as a side dish.

### Nutrient Analysis

Per serving: ¼ of recipe

<b>Calories</b>	<b>489 Kcal</b>
<b>Protein</b>	<b>25 g</b>
<b>Carbohydrates</b>	<b>47 g</b>
Fibre	6 g
Sugars	13 g
<b>Total Fat</b>	<b>23 g</b>
Saturated Fat	7 g
<b>Cholesterol</b>	<b>54 mg</b>
<b>Sodium</b>	<b>508 mg</b>
<b>Potassium</b>	<b>694 mg</b>
<b>Phosphorus</b>	<b>329 mg</b>

*Note: To reduce sodium further, choose buns with less sodium. To reduce potassium, swap pork for ground turkey.*