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Sloppy Joes and Mushrooms*

This recipe combines the classic sloppy joes with the earthy flavors of mushrooms. It's a hearty and satisfying dish that can be enjoyed by meat-lovers and vegetarians alike.

Recipe Type: Standard Prep Time: 15 mins

Cook Time: 30 mins Total Time: 45 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Beef
200 g	Mushrooms
100 g	onion
2 cloves	garlic
1 c	tomato sauce
2 tbsp	ketchup

1 tbsp	worcestershire sauce
1 tbsp	brown sugar
1 tsp	mustard
1 tsp	salt
0.5 tsp	black pepper
4 pieces	Hamburger Buns

Directions

Step 1

Stove

In a large skillet, cook the ground beef over medium heat until browned. Drain excess fat.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Add the mushrooms, onion, and garlic to the skillet. Cook until the vegetables are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3



Stir in the tomato sauce, ketchup, Worcestershire sauce, brown sugar, mustard, salt, and black pepper. Simmer for 10 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Toast the hamburger buns. Spoon the sloppy joe mixture onto the buns and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 380 kcal

Fat: 14 g

Protein: 24 g

Carbohydrates: 38 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	38 g	69.09%	76%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	14 g	50%	56%
Cholesterol	70 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	780 mg	33.91%	33.91%
Calcium	8 mg	0.8%	0.8%
Iron	20 mg	250%	111.11%
Potassium	720 mg	21.18%	27.69%
Zinc	3 mg	27.27%	37.5%
Selenium	20 mcg	36.36%	36.36%

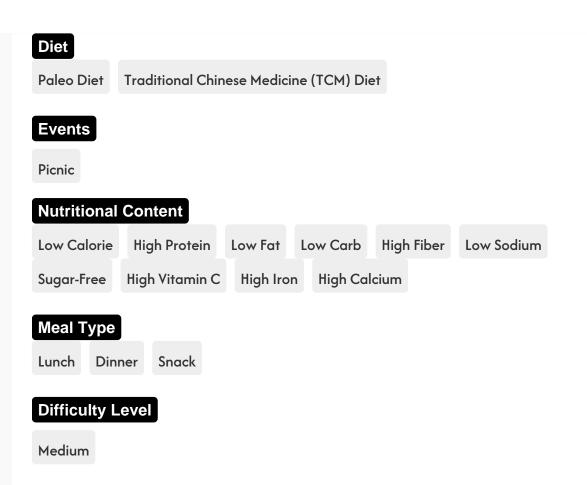
Recipe Attributes



American Chinese Mexican Middle Eastern

Course

Salads Snacks



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