

SLOPPY JOE (TAYLOR MAID-RITE)



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 1 pound lean (90/10) ground beef
- ★ 1 tablespoon yellow mustard
- ★ 1 teaspoon onion powder
- ★ 3 cups reduced sodium beef broth
- ★ 1 teaspoon reduced sodium beef base
- ★ Ground black pepper, to taste
- ★ 4 reduced carbohydrate hamburger buns
- ★ 3 teaspoons yellow mustard, divided, for serving
- ★ Dill pickle chips, for serving (1 each)
- ★ ¼ cup chopped white onion, for serving (1 tablespoon each)

DIRECTIONS

Heat a cast iron skillet over medium-high heat. Add the beef and cook, breaking up very well with a wooden spoon, until the meat is very fine and no longer pink, about 5 minutes. Stir in the mustard and the onion powder. Add the broth and beef base and bring to a boil. Reduce heat to medium and boil, stirring occasionally, until the liquid has evaporated, about 35 minutes. Season with pepper.

Spread mustard on the top half of buns and top with pickles. Divide meat (2 cups total, 12 ounces, ½ cup per sandwich) among bottom buns and sprinkle with chopped onions. Serve immediately.

Serving Size and Nutritional Information:

Serves 4 (Serving Size 1 Sandwich = 352 g)

300 Calories Per Serving, 14 g Total Fat, 19 g Total Carbohydrates, 34 g Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



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