



South of the Border Sloppy Joes

Prep: 15 minutes plus standing

Cook: 6 hours • Serves: 6

- 1 pound 90% lean ground sirloin
- 1 medium onion, chopped
- 1 can (15 ounces) tomato sauce
- ½ cup rinsed and drained canned black beans
- ½ cup frozen corn
- ¼ cup tomato paste
- 2 tablespoons light brown sugar
- 1½ tablespoons chipotle pepper hot sauce
- ¾ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ cup loosely packed fresh cilantro leaves, chopped
- 6 sesame hamburger buns

1. In large skillet, cook beef and onion over medium-high heat 5 to 7 minutes or until browned, breaking up meat with side of spoon.

2. In 5- to 6-quart slow-cooker bowl, combine beef mixture, tomato sauce, beans, corn, tomato paste, brown sugar, hot sauce, cumin and coriander, stirring to mix well. Cover and cook on low 6 to 8 hours or on high 3 to 4 hours. Makes about 4 cups.

3. To serve, stir in cilantro. Split buns, and toast or warm, if desired. Evenly spoon beef mixture over bottom halves of buns; replace top halves and serve.

Approximate nutritional values per serving:

*204 Calories, 8g Fat (3g Saturated), 38mg Cholesterol,
528mg Sodium, 17g Carbohydrates, 3g Fiber, 14g Protein*