



Slow Cooker South of the Border Sloppy Joes

Prep: 15 minutes

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 slow cooker with lid 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, 19g Carbohydrates, 3g Fiber, 14g Protein*