

TEXAS TOAST SLOPPY JOES



March 18

National Sloppy Joe Day



INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 2 Tablespoons Unsalted Butter
- ½ Cup Yellow Onion (finely chopped)
- 8 Ounces Tomato Sauce
- ½ Cup Ketchup
- 2 Tablespoons Worcestershire Sauce
- 1 Tablespoon White Vinegar
- 1 Tablespoon Yellow Mustard
- 1 Tablespoon Brown Sugar
- ½ Teaspoon Garlic Powder
- ½ Teaspoon Onion Powder
- ½ Teaspoon Salt
- ¼ Teaspoon Black Pepper
- 8 Slices Texas Toast Garlic Bread (whole grain-rich or enriched) at least 28 grams each
- 8 Ounces Mozzarella Cheese (shredded)

DIRECTIONS

1. Preheat the oven to 425°. Line a large rimmed baking tray with parchment paper. Set aside.
2. In a large skillet, brown the ground beef over medium-high heat for 4 to 5 minutes.
3. Using a slotted spoon, remove the browned ground beef and place it on a plate. Drain the excess fat from the skillet.
4. To the skillet, add the butter and finely chopped onions. Saute on medium heat for 2 to 3 minutes or until the onions are soft and translucent.
5. Stir in the tomato sauce, ketchup, worcestershire sauce, white vinegar, yellow mustard, brown sugar, garlic powder, onion powder, salt, black pepper, and reserved cooked ground beef.
6. Bring the sauce mixture to a boil, reduce heat and simmer for 7 to 8 minutes or until the mixture has thickened. While your sauce simmers, place the 8 slices of texas toast onto the prepared baking tray and bake for 6 minutes.
7. Remove the baking sheet from the oven and top each of the slices of texas toast with the sloppy Joe mixture (a little less than a ½ cup each).
8. Top each toast with ⅛ cup of the shredded mozzarella cheese. Be sure to mound it in the center of the sloppy Joe mixture. As it melts, it will spread to cover the entire top of the texas toast without running down the sides too much.
9. Place the baking sheet of sloppy Joe Texas toast back into the oven for an additional 3 to 4 minutes to finish baking the toast and to melt the cheese.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

8 Open-Faced Sloppy Joes

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Sloppy Joe	1 Sloppy Joe	1 Sloppy Joe	2 Sloppy Joes