



## Sloppy Jane Stir-Fry



Entire recipe: 339 calories, 6g total fat (2.5g sat fat), 700mg sodium, 31.5g carbs, 11g fiber, 16g sugars, 38.5g protein

Freestyle™ [SmartPoints®](#) value 5\*

**Prep:** 5 minutes    **Cook:** 25 minutes

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)



### Ingredients

3 cups bagged broccoli cole slaw  
2/3 cup canned crushed tomatoes  
1 tbsp. tomato paste  
1 tsp. brown sugar (not packed)  
1 tsp. Worcestershire sauce  
1 tsp. red wine vinegar  
5 oz. raw extra-lean ground beef (4% fat or less)  
Dash chili powder  
Dash paprika  
Dash each salt and black pepper

### Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add broccoli slaw and 1/2 cup water. Cover and cook for 10 minutes, or until fully softened.

Uncover and, if needed, cook and stir until water has evaporated, 2 - 3 minutes.

Meanwhile, in a small bowl, combine tomatoes, tomato paste, brown sugar, Worcestershire sauce, and vinegar. Mix thoroughly.

Transfer slaw to a medium bowl, and blot away excess moisture.

Remove skillet from heat, respray, and return to medium-high heat. Add beef and seasonings. Cook and crumble for 4 - 5 minutes, until fully cooked.

Add tomato mixture and slaw. Cook and stir until hot, about 2 minutes.

MAKES 1 SERVING

**HG Alternative:** This dish is delicious with ground turkey too! Go for lean (7% fat or less) or extra-lean (3% fat or less) to keep the stats in check.

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.