



## 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

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

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### 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.

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