



Sloppy-Jane-Stuffed Potatoes



Entire recipe: 321 calories, 5g total fat (2g sat fat), 593mg sodium, 39g carbs, 6g fiber, 6g sugars, 28.5g protein

Green Plan [SmartPoints®](#) value 7*

Blue Plan (Freestyle™) [SmartPoints®](#) value 7*

Purple Plan [SmartPoints®](#) value 3*

Prep: 5 minutes **Cook:** 15 minutes



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

Ingredients

One 10-oz. russet potato, scrubbed clean
1/3 cup canned crushed tomatoes
1 1/2 tsp. tomato paste
1/2 tsp. brown sugar (not packed)
1/2 tsp. Worcestershire sauce
1/2 tsp. red wine vinegar
1/8 tsp. garlic powder
4 oz. raw extra-lean ground beef (4% fat or less)
2 dashes each salt and black pepper
2 dashes chili powder
2 dashes paprika

Directions

Pierce potato several times with a fork. On a microwave-safe plate, microwave potato for 3 1/2 minutes.

Flip potato, and microwave for another 3 1/2 minutes, or until soft.

Meanwhile, in a small bowl, combine crushed tomatoes, tomato paste, brown sugar, Worcestershire sauce, vinegar, and garlic powder. Mix until smooth and uniform.

Bring a skillet sprayed with nonstick spray to medium-high heat. Add beef and a dash each salt, pepper, chili powder, and paprika. Cook and crumble for about 4 minutes, until fully cooked.

Remove skillet from heat, and stir in tomato mixture.

Cut potato in half lengthwise. Use a spoon to gently scoop out some of the pulp, leaving about 1/2 inch inside the skin. Discard pulp, or reserve for another use.

Sprinkle potato halves with remaining dash each salt, pepper, chili powder, and paprika. Fill with beef mixture.

MAKES 1 SERVING

HG Alternative: If made with lean ground turkey (7% fat or less) instead of extra-lean beef, each serving will have 336 calories, 8g fat, 613mg sodium, 39g carbs, 5.5g fiber, 6.5g sugars, and 27.5g protein (**SmartPoints®** values*: 8 on **Green Plan**, 3 on **Blue Plan**, 3 on **Purple Plan**).

[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.

