

Chipotle Sloppy Joes with Crunchy Slaw

Printed from: www.jaytriedandtrue.blogspot.com

Ingredients:

COLESLAW

- ¼ Cup plain non fat yogurt
- 1 Tbsp mayonnaise
- 2 Tsp cider vinegar
- ½ Tsp hot sauce
- ⅛ Tsp salt
- ⅛ Tsp pepper
- 1 ½ Cup prepared coleslaw mix
- ½ Red pepper, diced

SLOPPY JOES

- 1 Lb ground beef
- ¼ Cup chopped onion
- ¾ Cup ketchup
- ½ Cup frozen corn
- ½ Cup canned black beans (rinsed and drained)
- ½ Cup tomato sauce
- 1-2 Tsp minced chipotle peppers in adobo sauce
- ½ Tsp cumin
- ¼ Cup chopped cilantro
- ¼ Tsp salt
- ¼ Tsp pepper
- Hamburger buns

Directions:

COLESLAW:

1. Combine first 6 ingredients in bowl
2. Add coleslaw mix and red pepper, toss to coat
3. Cover, refrigerate until ready to serve

SLOPPY JOES

1. Heat large non stick skillet over medium heat until hot.
2. Add beef and onion, cook, stirring occasionally
3. Pour off drippings
4. Stir in ketchup, corn, beans, tomato sauce, chipotle peppers, and cumin, bring to a boil.
5. Reduce heat, simmer 5 minutes, stirring often
6. Stir in cilantro, salt, and pepper
7. Place meat mixture on bottom half, top with coleslaw, and top of bun.