

Hungry Planet® Traditional Sloppy Joes

Recipe group	Additional name	Diet factors	Portions	Portion size
SANDWICHES			25	8.99 oz

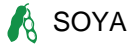
Name of ingredient	Capacity measure	EP	Methods
1 Hungry Planet Beef™	6 lb 4.00 oz		Add olive oil and Hungry Planet Beef™ to nonstick saucepan over medium heat. Cook until evenly browned, dicing with a spatula to desired consistency.
Oil, olive	~ 1 cup	0 lb 5.95 oz	
<i>1/4 cup</i>			

Name of ingredient	Capacity measure	EP	Methods
2 Onions, finely chopped	~ 1 1/2 cup	0 lb 6.95 oz	Reduce heat and stir in tomato, onion, celery and cover the pan. Cook about 5-7 minutes until vegetables are transparent.
Tomatoes, diced	~ 1 2/3 cup	0 lb 9.70 oz	
Celery, raw	~ 1 1/2 cup	0 lb 6.25 oz	
<i>chopped</i>			

Name of ingredient	Capacity measure	EP	Methods
3 CAMPBELL'S, Tomato Soup, condensed	3.1 ea	2 lb 1.62 oz	Stir in the tomato soup (undiluted), ketchup, vinegar, brown sugar and Worcestershire sauce into the Hungry Planet Beef™ mixture.
<i>1 can</i>			
Ketchup	~ 1 cup	0 lb 8.25 oz	
Vinegar, white	~ 3 tbsp	0 lb 1.64 oz	
Brown sugar, packed	~ 1 cup	0 lb 6.06 oz	
<i>1/4 cup</i>			
Sauce, worcestershire	~ 2 tbsp	0 lb 1.26 oz	
<i>2 tsp</i>			
Sauce, ready-to-serve, pepper, TABASCO	~ 1 tbsp	0 lb 0.53 oz	
<i>optional</i>			

Name of ingredient	Capacity measure	EP	Methods
4 Salt, kosher, Diamond Crystal	~ 1 1/2 tsp	0 lb 0.15 oz	Season with salt and garlic powder. Simmer over low heat and cook until thoroughly heated, stirring frequently, adding incremental amounts of water until desired consistency.
Spices, garlic powder	2 1/2 tsp	0 lb 0.20 oz	

Name of ingredient	Capacity measure	EP	Methods
5 Hamburger buns	25.0 ea	2 lb 12.09 oz	Spoon the hot mixture onto buns, which may be toasted first, and serve.

ALLERGENS

SOYA

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	14 lb 0.66 oz	0 %	14 lb 0.66 oz	0 %	14 lb 0.66 oz
Size of portion	8.99 oz		8.99 oz		8.99 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Energy	Minerals		
Fat	4.95 g	29.18 %	149.89 kcal	Salt	0.56 g	
Saturated	0.51 g	2.99 %	627.16 kJ	Salt	0.56 %	Vitamins
Monounsaturated	2.05 g	12.12 %	0.63 MJ	Sodium	404.34 mg	Vitamin A
Polyunsaturated	0.60 g	3.55 %		Phosphorus	27.31 mg	Vitamin D
Trans	0.01 g	0.03 %		Potassium	400.67 mg	Thiamine
Cholesterol	0.00 mg			Iron	2.48 mg	Riboflavin
Linolenic acid	0.55 g			Calcium	82.05 mg	Niacin
Alpha-linolenic acid	32.59 mg			Zinc	0.19 mg	Vitamin B6
Carbohydrate	16.97 g	46.00 %		Magnesium	8.04 mg	Vitamin B12
Sugars	3.34 g	9.04 %		Iodine	0.00 µg	Folic acid
Sugar	0.00 g			Selenium	4.83 µg	Vitamin C
Lactose	0.00 g			Copper	0.04 mg	Vitamin E
Fibre	3.04 g	3.87 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Others
Starch	7.89 g	21.40 %				Water
Protein	10.53 g	28.53 %				29.85 g
Alcohol	0.00 g	0.00 %				