



• Lean Choices

• Family Pleasers

• Quick & Easy



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Cook's Notes

Cook's Tip: Thinly sliced green cabbage may be substituted for the packaged coleslaw mix.

Cook's Tip: This recipe works well with all varieties of lean ground beef, including 90% lean.

Recipe and photo as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons

This recipe is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.

Chipotle Sloppy Joes with Crunchy Coleslaw

30 minutes

Ingredients:

- 1 pound ground beef (95% lean)
- 1/4 cup chopped onion
- 3/4 cup ketchup
- 1/2 cup frozen corn
- 1/2 cup canned black beans, rinsed, drained
- 1/2 cup tomato sauce
- 1 to 2 teaspoons minced chipotle peppers in adobo sauce
- 1/2 teaspoon ground cumin
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 whole wheat hamburger buns, split

Crunchy Coleslaw:

- 1/4 cup plain nonfat yogurt
- 1 tablespoon light mayonnaise
- 2 teaspoons cider vinegar
- 1/4 teaspoon hot pepper sauce
- 1/8 teaspoon salt
- 1-1/2 cups packaged coleslaw mix
- 1/2 red bell pepper, cut into 1/8-inch thick strips
- Black pepper

Instructions:

1. To prepare Crunchy Coleslaw, combine yogurt, mayonnaise, vinegar, pepper sauce and salt in small bowl. Add coleslaw mix and bell pepper; toss to coat. Season with black pepper, as desired. Refrigerate, covered, until ready to serve.
2. Brown ground beef with onion in large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into 3/4-inch crumbles. Pour off drippings. Stir in ketchup, corn, beans, tomato sauce, chipotle peppers and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring often. Stir in cilantro, salt and black pepper.
3. Place beef mixture on bottom half of each bun; top with coleslaw. Close sandwiches.

Makes 4 servings.

Nutrition information per serving: 406 calories; 10 g fat (4 g saturated fat; 3 g monounsaturated fat); 77 mg cholesterol; 1344 mg sodium; 50 g carbohydrate; 6.9 g fiber; 33 g protein; 9.4 mg niacin; 0.7 mg vitamin B6; 2.2 mcg vitamin B12; 5.3 mg iron; 39.8 mcg selenium; 7.3 mg zinc.