

Sloppy TexMex Joes

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 45 minutes

Serves: 4 - 5

CChints: You can save a few minutes and a lot of mess if you have cooked ground beef in the freezer. Buy lean ground beef when it's on sale, cook it and put in 1 pound freezer containers. When you need ground beef over the next 6 months, you'll have it. Thaw before using in the microwave-able container for about 1-2 minutes.

When you are buying nuts like sunflower seeds, pecans, walnuts and others, store the remainder of the package in a freezer bag in your freezer for up to a year. When you need a few nuts for a recipe, just get out what you need and they will come to room temperature in minutes.



Sauce:

15 ounce can tomato sauce
2 gloves minced garlic
1/2 teaspoon cumin
1/2 teaspoon smoked paprika
4.5 oz. jar chopped green chilies, divided
2/3 cup water

Optional Toppings:

1/3 cup nuts from sunflower seeds
3 chopped green onions, green parts only
1 Haas avocado, sliced thin

Meat mixture:

1 pound lean ground beef
1 cup yellow sweet onion, chopped
1/2 teaspoon cumin
1/2 teaspoon smoked paprika
2 tablespoons chopped green chilies
1/2 teaspoon salt, dash of pepper
1 teaspoon honey
1/8 cup milk
3 tablespoons chopped fresh cilantro

Serve on your choice of hamburger buns, onion rolls or open face on Texas toast.

Garnish: Reduced fat sour cream, avocado slices

Sauce: Pour 1/3 cup of the sauce in a sauce pan over medium heat. Add the garlic for 1 minute and then add the remaining tomato sauce and the cumin through water. Bring to a boil then reduce the heat and allow the sauce to simmer for 15 minutes, uncovered.

While the sauce cooks start on the meat mixture. Put a large nonstick skillet of medium heat and when the pan is hot, add the sunflower nuts. Stir occasionally for about 1-2 minutes until slightly brown then transfer to a small bowl and set aside.

In the same skillet, add the ground beef. Cook, breaking into pieces until it is done in about 5 -7 minutes. Drain on layers of paper towels but don't wipe out the skillet. If you are using lean ground beef there will only be a tablespoon or 2 left that can be used to cook and flavor the onions. Or, you can wipe out the pan and put 2 tablespoons of oil in the pan to cook the onions.

Over medium heat, add the onions and stir occasionally they are soft and begin to brown in 2-3 minutes. Reduce the heat to simmer and stir in the cumin through salt and pepper. Return the meat to the pan. When the sauce is done, slowly and carefully pour it into the skillet with the meat mixture. Stir well and allow it to simmer for 10 minutes, stirring occasionally.

During this time, do a little clean up and get your plates and open up the buns. Stir in the honey, milk and cilantro and remove the pan from the heat and stir well. Put a scoop of the meat mixture on the bottom bun and top with sunflower nuts and optional sour cream, green onions and avocado. Add the top bun and enjoy.