

# Blue is Better Recipe (Serves 4) Almost Sloppy Joes

## Ingredients

- 1 1/2 tsp olive oil
- 1/2 yellow onion, chopped
- 1 1/2 tsp. minced shallot
- 1 clove minced garlic
- 1 chopped green bell pepper
- 1/2 tsp. Mrs. Dash Italian seasoning
- 1/4 tsp. ground black pepper
- 1/2 lb. lean ground beef
- 1/4 lb. sliced white mushrooms
- 7 oz. can low-salt diced tomatoes & rinsed
- 7 oz. can Mexican corn, drained
- 1 1/2 tsp. minced fresh parsley

## Preparation Instructions

1. Place oil in large skillet over medium heat. Cook onion, shallot, garlic, green pepper, Mrs. Dash & black pepper until tender.
2. Add beef & cook until no longer pink. Drain excess fat. Add mushrooms. Cook stirring 2 minutes. Add tomatoes & corn; cover reduce heat & simmer 2-4 minutes.
3. Add parsley.

## NUTRITION FACTS

### Serving Size

1 c.

### Amount Per Serving:

**Calories**.....217

Calories from Fat.....99

**Total Fat**.....11 g

Saturated Fat.....4 g

**Cholesterol**.....38 mg

**Sodium**.....215 mg

**Carbohydrate**.....18 g

Dietary Fiber.....<3 g

**Protein**.....14 g

