



Mushroom Beef Sloppy Joe and Kale Chips

Prep Time: 10 min

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

480 calories

11.4 g fat

300 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1 bunch kale
- 1 TB olive oil**
- 1/4 tsp salt & black pepper**
- 8 oz. mushrooms
- 1 lb. ground beef
- 1/2 cup diced onion
- 1 garlic clove, minced
- 8 oz. tomato sauce
- Sloppy Joe Blend (1 TB brown sugar & 1 TB chili powder)
- 1 tsp vinegar (white or apple cider)**
- Salt and Pepper, to taste**
- 4 hamburger buns

DIRECTIONS:

1. Preheat oven to 325 degrees.
2. Clean the **mushrooms** of any debris, remove the stems, then cut the caps into a small dice. Mince **1 garlic clove** and set aside.
3. **KALE CHIPS:** Wash and thoroughly dry **kale**. Remove the ribs and tear kale into 2 inch sized pieces. Place kale in a single layer on a rimmed baking sheet and drizzle with **1 TB olive oil** and season with **1/4 tsp salt** and **1/8 tsp pepper**. Bake at 325 degrees for 10 to 15 minutes until crisp.
4. **SLOPPY JOE:** Heat a pan over medium-high heat. Add **ground beef** and **chopped mushrooms**, and sauté until ground beef is cooked through and no longer pink. Drain off any excess fat from pan. Add **diced onion** and **minced garlic** to the same pan; cook stirring for 2-3 minutes. Stir in **tomato sauce, Sloppy Joe Blend, 1 tsp vinegar**, and season with **salt & pepper** to taste. Simmer for 10 minutes on medium low heat, until mixture thickens, stirring often.
5. Serve beef mixture on **hamburger buns** with kale chips alongside.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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