

## LOW PROTEIN RECIPE - Main Dish

### Sloppy Joes with Veggies

Makes 6-10 servings.

#### Ingredients:

12 ounces ground sirloin  
1/2 cup finely chopped celery  
1/2 cup finely chopped green pepper  
1/2 cup finely chopped onion  
2 cups grated cabbage  
3/4 cup catsup  
1 tablespoon sugar  
1 tablespoon mustard  
1 tablespoon vinegar

#### How to Make:

Coat a large skillet with cooking spray.  
Brown the ground sirloin over medium high heat.  
Drain the meat.  
Add all the remaining ingredients.  
Stir well.  
Cover the pan.  
Lower the heat.  
Simmer for 15 minutes

#### Composition:

1/3 cup = 1 meat list A  
1/2 vegetable  
+ 225 mg sodium - miscellaneous  
(8 grams Pro, 260 mg Na, 70 mg Phos, 25 mg Chol)

1/2 cup = 1 1/2 meat list A  
1 vegetable  
+ 390 mg sodium - miscellaneous  
(13 grams Pro, 435 mg Na, 120 mg Phos, 40 mg Chol)

#### Finishing Touches:

Depending on your diet plan, to complete the meal you may want to add:  
2 bread (hamburger bun)  
vegetable (lettuce salad)  
a dessert (rainbow sherbet)

For Diabetics Only:

Replace sugar with artificial sweetener (Nutra-Sweet not recommended due to heating of the food).

1/3 cup = 1 meat exchange  
1 vegetable exchange

1/2 cup = 1 1/2 meat exchanges  
2 vegetable exchanges

**Notes:**

To lower sodium - Replace regular catsup with low sodium.

To make preparation easier - Try pre-packaged coleslaw mix for the cabbage