

Mexican Sloppy Joes

Yield: 5 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-sloppy-joes-recipe>

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 1/2 pounds lean ground beef
- 1/2 whole onion Large, Diced
- 2 teaspoons cumin
- 1 tablespoon chili powder
- 1 teaspoon smoked paprika
- 1/4 teaspoon sea salt Or To Taste
- 1 teaspoon garlic powder
- 14 1/2 ounces diced tomatoes Canned
- 15 ounces canned black beans Drained And Rinsed
- 2 tablespoons tomato paste
- 1/2 cup water
- 2 tablespoons quick-cooking oats
- 5 whole hamburger buns Toasted
- 1 pico de gallo recipe
- sour cream
- salsa
- avocado
- cheese
- condiments

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 95 milligrams
4. Fat: 18 grams
5. Fiber: 12 grams
6. Protein: 45 grams
7. SaturatedFat: 6 grams

8. Sodium: 780 milligrams

9. Sugar: 7 grams

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