

Hamburger Helper® Sloppy Joe

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/copy-kat-recipe-for-cheesey-italian-hamburger-helper>

Ingredients:

- 1 pound lean ground beef
- 2 3/4 cups water
- 1/4 cup milk
- 6 11/16 ounces Hamburger Helper ® Sloppy Joe, includes Pasta and Sauce Mix
- 1/3 cup green bell pepper diced, optional

Nutrition:

1. Calories: 140 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 55 milligrams
4. Fat: 5 grams
5. Protein: 20 grams
6. SaturatedFat: 2 grams
7. Sodium: 75 milligrams
8. Sugar: 1 grams

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