

FEBRUARY MAKE & TAKE

HEALTHY SLOPPY JOES



PARTICIPANTS MUST HAVE ACCESS TO INTERNET AS MAKE & TAKE IS DONE VIRTUALLY, SESSIONS WILL BE PRE-RECORDED AND SENT OUT VIA EMAIL PRIOR TO PICKUP. INGREDIENTS MUST BE PICKED UP ON WEDNESDAY, **FEBRUARY 12TH**, AT THE SMHWC FROM 11:45AM -1:15PM. SIGN UP IS JANUARY 27TH - JANUARY 31ST. WE WILL BE DRAWING NAMES FOR THE VIRTUAL MAKE & TAKE. WE WILL CONTACT YOU ON MONDAY, FEBRUARY 3RD IF YOUR NAME HAS BEEN CHOSEN.

Contact Violet Azzolina, Community Health Representative to sign up!

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ATTENTION: MAKE & TAKE ACTIVITIES ARE MADE POSSIBLE THROUGH GRANT FUNDING. PICTURES OF YOUR COMPLETED CREATIONS MUST BE SUBMITTED TO VIOLET. PICTURES ARE PART OF THE VERIFICATION OF APPROPRIATE FUNDING USE TO OUR GRANTOR, WHICH ALLOWS US TO CONTINUE TO PROVIDE THIS PROGRAM. FAILURE TO DO SO MAY EFFECT YOUR FUTURE ELIGIBILITY.



Stockbridge-Munsee
COMMUNITY HEALTH DEPARTMENT

HEALTHY SLOPPY JOES

INGREDIENTS

- 1 LB GROUND BEEF
- ½ MEDIUM YELLOW ONION, MINCED
- ¼ CUP FINELY CHOPPED GREEN BELL PEPPER
- ½ TEASPOON SALT (PLUS MORE TO TASTE)
- ¼ TEASPOON GROUND BLACK PEPPER
- 2 GARLIC CLOVES, MINCED
- ¾ CUP TOMATO SAUCE
- ¼ CUP UNSWEETENED KETCHUP
- ¼ CUP WATER
- 1 TABLESPOON PURE MAPLE SYRUP
- 1 TABLESPOON APPLE CIDER VINEGAR
- ¾ TEASPOON CHILI POWDER
- 1–2 TEASPOONS HOT SAUCE (OPTIONAL)
- FOR SERVING: 4 BAKED SWEET POTATOES



INSTRUCTIONS

1. WASH SWEET POTATOES AND PIERCE WITH A FORK, ROAST AT 425 DEGREES FOR 30-45 MINUTES OR UNTIL TENDER.
2. BROWN THE MEAT: HEAT THE OLIVE OIL IN A LARGE SKILLET OVER MEDIUM HEAT. ADD THE GROUND BEEF AND BROWN THE MEAT, BREAKING IT UP WITH A WOODEN SPATULA AS IT COOKS, ABOUT 5 MINUTES. DRAIN MOST OF THE FAT, LEAVING ABOUT 1 TABLESPOON IN THE PAN.
3. SAUTE THE VEGETABLES: ADD THE ONION, BELL PEPPER, SALT, AND PEPPER TO THE PAN. STIR AND COOK THE VEGETABLES UNTIL SOFT, ABOUT 4-5 MINUTES. ADD THE MINCED GARLIC SAUTE FOR 30 SECONDS UNTIL FRAGRANT.
4. STIR IN THE SAUCE: ADD THE TOMATO SAUCE, KETCHUP, WATER, MAPLE SYRUP, APPLE CIDER VINEGAR, CHILI POWDER, AND HOT SAUCE (OPTIONAL) TO THE PAN AND STIR TO COMBINE.
5. SIMMER: BRING THE MIXTURE TO A GENTLE BOIL, THEN REDUCE TO A SIMMER, COVER, AND COOK FOR 10 MINUTES, OR UNTIL THE MIXTURE HAS THICKENED TO YOUR LIKING.
6. SERVE: ONCE THICKENED, SEASON WITH MORE SALT TO TASTE. SERVE OVER A BAKED SWEET POTATO.

NOTES

- MAKE SURE YOUR VEGETABLES ARE FINELY CHOPPED.
- DRAINING THE FAT HELPS THE MEAT THICKEN A LITTLE BETTER AT THE END.



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