



Sloppy Joe Casserole

INGREDIENTS

- 1 lb ground turkey breast* OR 1 lb extra lean ground beef**
- 3/4 cup Manwich original
- 6 cups Oreida Hash Browns with Onions and Peppers
- 1 can corn, drained
- 1/2 tsp salt 1/2 tsp pepper
- 1 tsp garlic powder
- 3/4 cup Velveeta shreds

NUTRITION FACTS

Serves: 6

USING GROUND
TURKEY BREAST*

Amount Per Serving

- Calories 245
- Total Fat 2 g
- Saturated Fat 1 g
- Cholesterol 54 mg
- Sodium 696 mg
- Carbohydrate 32 g
- Dietary Fiber 4 g
- Sugars 6 g
- Protein 25 g
- myWW Blue: 4
- myWW Purple: 2
- myWW Green: 6

DIRECTIONS

1. Spray saute pan with olive oil spray.
2. Place turkey breast or ground beef in pan.
3. Sprinkle with salt, pepper, and garlic powder.
4. Brown meat, stirring occasionally, until cooked.
5. Add Manwich and heat through.
6. While meat is cooking, spray another saute pan with olive oil spray.
7. Add hash browns and cook as directed on bag.
8. Add corn and meat mixture to hash browns.
9. Stir to combine.
10. Top each with 1/8 cup Velveeta shreds.
11. Enjoy!

NUTRITION FACTS

Serves: 6

USING EXTRA LEAN
GROUND BEEF**

Amount Per Serving

- Calories 251
- Total Fat 4 g
- Saturated Fat 2 g
- Cholesterol 51 mg
- Sodium 692 mg
- Carbohydrate 32 g
- Dietary Fiber 4 g
- Sugars 6 g
- Protein 22 g
- myWW Blue: 6
- myWW Purple: 4
- myWW Green: 6

Recipe can be found at:

<https://planningushealthy.com/sloppy-joe-casserole>

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