

Sloppy Joe Casserole

Michael Tyrrell

Family Circle Magazine - May 2012

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 7 minutes

Bake Time: 30 minutes

1 tablespoon olive oil

2 large onions, chopped

2 green peppers, cored, seeded and chopped

2 cloves garlic, chopped

1 package (12 oz) soy crumbles

1 can (8 oz) no-salt-added tomato sauce

3 tablespoons red wine vinegar

1 tablespoon reduced-sodium soy sauce

2 teaspoons sugar

1 package (11.75 oz) Arnold Pocket Thins Italian Herb flatbreads (eight pocket halves), separated and split open

1 cup cheddar cheese, shredded

Preheat the oven to 350 degrees.

Coat a 13x9x2-inch baking dish with nonstick cooking spray.

In a large nonstick skillet over medium-high heat, heat the oil. Add the onions, pepper and garlic. Cook for 7 minutes stirring so the garlic doesn't burn. Stir in the soy crumbles, tomato sauce, vinegar, soy sauce and sugar. Cover and simmer on medium-low heat for 10 minutes.

Line the bottom of the prepared dish with half the flatbreads; tear to fit if needed. Spread half of the skillet mixture over the breads. Sprinkle with 1/2 cup of the cheese. Layer with the remaining breads and skillet mixture. Cover with foil.

Bake, covered, for 25 minutes. Top with the remaining 1/2 cup of cheese and bake uncovered for 5 more minutes to melt the cheese.

Cool slightly before serving.

Per Serving (excluding unknown items): 130 Calories; 9g Fat (58.0% calories from fat); 6g Protein; 8g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 219mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.