

Sloppy Joe's

1 pound ground beef
1 cup salsa (mild, medium, or hot)
1 cup shredded Mexican-style cheese

In a large skillet, crumble and brown the ground beef, and drain off the fat. Stir in the salsa and cheese and heat until the cheese is melted.

Makes 4 Servings

Nutrients Per Serving:

4 g Carbohydrates

1 g Fiber

27 g Protein