

# RECIPE #3: BE PRESENT, NOT PERFECT

-  If family meals are new, start with what's doable. It's okay to begin with a family dinner 1-2 nights per week. Once this feels comfortable, consider increasing to 2-3 nights per week.
-  Create an environment where family members can focus on each other. Limit distractions by putting away toys and books, and turning off phones, TVs, and other screens.
-  Keep the menu simple. It's more important to spend time together than to cook something fancy.
-  Cooking disasters happen. If everyone agrees a new recipe is a disaster, have a good laugh, bring out the peanut butter, jelly, bread, and carrot sticks for a quick make-your-own rescue meal.
-  If family dinner just doesn't work for everyone's schedule, try a family picnic on the side of the soccer field, or a family breakfast.



# GARDEN SLOPPY JOES

**Recipe Source: Food Hero**

Total preparation/cooking time: 30 minutes

Makes 6 sandwiches



foodhero.org

## INGREDIENTS

- 1 onion, chopped
- 1 carrot, chopped or shredded
- 1 green pepper, chopped
- 1 pound lean ground meat (15% fat) (turkey, chicken, or beef)
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) whole tomatoes, crushed
- 1 can (8 ounces) mushrooms or 1/2 pound chopped fresh mushrooms
- 1/4 cup barbecue sauce
- 6 whole wheat buns, split in half to make 12

## INSTRUCTIONS

1. Sauté onions, carrots, green pepper and ground meat in a 2-3 quart saucepan over medium-high heat for 5 minutes.
2. Add tomato sauce, crushed tomatoes, mushrooms and barbecue sauce.
3. Bring to a boil. Reduce heat and simmer for 15 to 20 minutes or until thick, stirring occasionally.
4. Toast buns if desired. Spoon sauce over bun halves. Serve open-faced.
5. Refrigerate leftovers within 2 hours.

Note: Add your favorite fresh, canned or frozen chopped vegetables. Try whole wheat English muffins instead of buns.