

Fred Flintstone's Sloppy Joes

For kids that sometimes don't eat Meat, Fish or Dark Vegetables

Makes : 4-6 servings Time required : 35 minutes Calories: 281 per 8oz serving

What you will need...

- 1 pound-(454gm) of lean ground beef (a great source of iron + protein)
- 1 medium carrot (excellent source of vitamin A)
- 1 green pepper (a good source of vitamin C and potassium)
- 1 small cooking onion (a good source of vitamin C and fibre)
- 1 14oz. -(398ml) tin of diced tomatoes (a good source of potassium + calcium)
- 1/2 cup-(120ml) of ketchup
- 2 tablespoons of molasses (optional)
- 1 tablespoon of vegetable oil for sauteing
- 2 whole wheat pitas (a good source of carbohydrates)
- Salt and pepper to taste

Directions...

- Get mom or dad to help you grate the carrot, and dice the green pepper and onion.
- Mom or dad can heat the vegetable oil in a large skillet.
- Combine onions and green pepper and cook until onions are see through.
- Add grated carrot and ground beef.
- Cook until beef is brown.
- Add tin of tomatoes, ketchup, molasses and simmer for 8 minutes.
- Add salt and pepper.
- Cut pitas in half and fill with mixture.
- Mom or dad can grate some cheese to sprinkle on top to add extra flavour.

Recipe Analysis

Calories	281
Protein	18.2 grms
Fat	13.4 gms
Carbohydrates	23.7 gms
Vitamin A	374 mcg
Vitamin C	27 mg
Vitamin B-1	.18 mg
Vitamin B-2	.24 mg
Niacin	8.94 mg
Vitamin B-6	.33 mg
Vitamin B-12	1.33 mcg
Folate	30 mcg
Calcium	43 mg
Magnesium	46 mg
Iron	2.7 mg
Zinc	4.0 mg

An Excellent Source of

Vitamin A
Niacin
Vitamin B-12
Zinc

A Good Source of

Vitamin C
Vitamin B-2
Vitamin B-6
Magnesium
Iron

