

Barbecue Sandwiches

Serves: 4

Exchanges per Serving: 1 Starch, 3 Protein (245 calories – sandwich only; 435 calories if adding 2 servings low carbohydrate vegetables, 1 serving skim milk, 1 serving fruit)

$\frac{3}{4}$ # lean ground beef

1 onion, chopped

1-8 oz. can tomato sauce

$\frac{1}{4}$ tsp. pepper

1 low carbohydrate hamburger bun OR $\frac{1}{2}$ whole wheat hamburger bun

Cook the ground beef and onion in a non-stick skillet, on medium-high heat, for 4-5 minutes. Stir in tomato sauce and pepper; simmer 5 minutes.

Spoon meat mixture evenly onto bottom half of bun and top with remaining half.

To make this a complete meal, add:

- Tossed green salad with low fat dressing and/or variety of low carbohydrate mixed vegetables (broccoli, cauliflower, carrots, etc.)
- Low fat, light yogurt or skim milk
- Fresh fruit

Variations to recipe:

- Use $\frac{1}{2}$ # lean ground beef and $\frac{1}{2}$ cup soy crumbles, to provide a lower calorie version of this recipe.
- Use low sodium tomato sauce if trying to reduce sodium in the diet.
- Use a small dinner roll instead of hamburger buns, if unable to find low carbohydrate or whole wheat buns.
- Add other vegetables, such as green peppers, red peppers, yellow peppers, orange peppers, cut up broccoli, etc., to the meat mixture as it is cooking. (This might help get in more vegetable servings for the day!!).