

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](#)

Prep time: 10 minutes
Cooking time: 20 minutes
Makes: 6 sandwiches

INGREDIENTS

1 onion, chopped	1 can (8 ounces) tomato sauce
1 carrot, chopped or shredded	1 can (15 ounces) whole tomatoes, crushed
1 green pepper, chopped	1 can (8 ounces) mushrooms or 1/2 pound chopped fresh mushrooms
1 pound lean ground meat (15% fat) (turkey, chicken or beef)	¼ cup barbecue sauce
	6 whole wheat buns, split in half to make 12

INSTRUCTIONS

1. Saute 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.

NOTES

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

