

Sloppy Joe Rice Bake

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Adapted From Plain Chicken

Serves 6

Blue – 8 points per serving

Purple – 5 points per serving

Green – 8 points per serving

- 1 lb 96% lean ground beef
- 1 pkg sloppy joe seasoning mix (1.31 oz)
- 8 oz tomato sauce
- 3 cups rice (Purple people use brown rice!), cooked
- 1 cup 1% cottage cheese
- 1/2 cup light sour cream
- 1/2 cup fat free plain Greek yogurt
- 8 oz Cabot 75% reduced fat cheddar cheese

1. Preheat oven to 350. Spray a 9×9 baking dish with cooking spray.
2. Brown meat; drain off fat and return to skillet.
3. Add sloppy joe seasoning and tomato sauce. Stir and simmer for 5 minutes.
4. Mix together cottage cheese, sour cream, Greek yogurt and cooked rice

5. Spread rice mixture into bottom of the prepared dish. Top with sloppy joe meat sauce. Sprinkle cheese on top of casserole.
6. Bake uncovered for 20 to 25.
7. To lower the points:
 - * use ground turkey
 - * reduce rice to 2 cups
 - * use fat free sour cream or no sour cream and all Greek yogurt