

Aloha Beef Sliders

Ground Beef, pineapple, barbecue sauce and red bell pepper create a meal from the islands.

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup chopped yellow onion
- 1 cup chopped red bell pepper
- 1/2 cup barbecue sauce
- 1 tablespoon Worcestershire sauce
- 1 can (8 ounces) crushed pineapple in juice, undrained
- 12 sweet Hawaiian honey wheat dinner rolls, split, warmed -
Four sweet Hawaiian sandwich rolls may be substituted for 12 dinner rolls.
- Sweet or dill pickle slices or pickled jalapeños



30 Min



4
Servings



42 Cal



34g
Protein

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and bell pepper; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.
2. Stir in barbecue sauce, Worcestershire and pineapple. Bring to a boil and cook 2 to 3 minutes or until sauce is thickened, stirring occasionally.
3. Divide beef mixture evenly onto rolls. Garnish with toppings, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		14g	121mg		76g	34g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com