# Sloppy Joe Casserole

It’s an easy twist on traditional sloppy joes that’s flavorful and delicious! The cheesy crust compliments the beefy tomato filling so well and makes for a quick and hearty weeknight dinner that the whole family will love!

**Nutritional info** (adapted from my fitness pal) Per serving.. Calories 204…Fat 9.3g… Saturated fat 3.6g… Carbohydrates 17.5g… Fiber 1.8g… Sugars 5.5g… Protein 13.2g

**Prep time:  20 mins**

**Cook time:  20 mins**

**Total time:  40 mins**

Serves: 9

**5pp or 7sp per serving (same on freestyle unless you use chicken/turkey)**

# Ingredients

- 1lb cooked extra lean ground beef
- 1 cup diced onions
- 1 can of sloppy joe sauce (manwich) 398ml
- ⅔ cup light shredded mozzarella cheese
- 1 7.5oz can of pillsbury biscuits (In the 4 value pack, you can use bigger biscuits and weigh out or increase points)
- 1.5 Tbsp melted reduced calorie margarine
- 2 cloves fresh garlic, diced
- 1 tsp dried oregano

# DIRECTIONS:

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# Instructions

1. Cook your ground beef and onions on the stove in a pan, drain.
2. Preheat oven to 350F, spray a 9 inch square dish.
3. Add your sauce to your meat and simmer on low for 5 minutes, stirring well.
4. Pour meat mixture into your dish, top with cheese.
5. Place 9 of your 10 biscuit dough pieces on top of mixture, you will have 1 extra biscuit.
6. Bake in oven for 14 minutes. Just before the time is up, melt margarine and add diced garlic and oregano. Remove dish from oven and using a small spoon drizzle your garlic butter over top of all your biscuits.
7. Return to oven for 6-8 minutes, until your biscuits are

a golden brown.

Makes 9 servings at 7 freestyle smart points or 5PP

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