

# Sloppy Joes

6 servings • Category: Dinner • Generated by Nutrifax

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## Ingredients

- 500 g Beef (ground, lean, raw)
- 300 g Rolls (hamburger or hotdog, plain)
- 3/4 cup Tomato products (canned, sauce)
- 3 tbsp Catsup
- 3/4 cup, sliced Onions (raw)
- 1/2 cup, sliced Peppers (sweet, green, raw)
- 2 clove Garlic (raw)
- 14 g Sugars (brown)
- 2 tsp or 1 packet Mustard (prepared, yellow)
- 1 tbsp Sauce (worcestershire)
- 1 tbsp Vinegar (cider)
- 1/2 tsp Salt (table)
- 1/4 x 5 ml whole Spices (pepper, black)

## Instructions

1. In a large skillet over medium-high heat, cook the diced onion and green pepper for 4 minutes until softened.
2. Add the garlic and cook 30 seconds. Add the ground beef and cook until browned, about 7 minutes. Drain excess fat.
3. Stir in the tomato sauce, ketchup, brown sugar, mustard, Worcestershire sauce, vinegar, salt, and pepper.
4. Reduce heat to medium-low and simmer uncovered for 10–15 minutes, stirring occasionally, until thick and saucy.
5. Toast the hamburger buns lightly under the broiler or in a toaster.
6. Spoon the meat mixture generously onto the bottom buns, top with the other half, and serve immediately.