

Classic Beef Sloppy Joes

You're going to love this Sloppy Joes recipe. Whip up an American classic sandwich in no time.

INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1 cup minced sweet onion
- 1 cup minced green bell pepper
- 1 can (14-1/2 ounces) unsalted tomato sauce
- 1/4 cup barbecue sauce
- 1/4 cup ketchup
- 1 tablespoon Worcestershire sauce
- 2 teaspoons packed brown sugar
- 1 teaspoon dry mustard
- 4 whole wheat hamburger buns or 8 slider buns
- Dill pickle slices, coleslaw, American or Cheddar cheese slices (optional)



35 Min 4 42 Cal 28g
 Servings Protein

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add onion, cook 3 to 5 minutes until golden brown. Add Ground Beef and bell pepper; cook 8 to 10 minutes, breaking beef into 1/2-inch crumbles and stirring occasionally.
2. Stir in tomato sauce, barbecue sauce, ketchup, Worcestershire sauce, brown sugar and mustard; increase heat to medium-high. Bring to a boil; cook 5 to 10 minutes or until sauce is thickened, stirring occasionally. Season with salt, as desired.
3. Divide beef mixture evenly among buns. Top with pickles, coleslaw and cheese, if desired. Close sandwiches.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		9g	84mg		26g	28g	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