

## **SLOPPY JOES**

(recipe from [Mel's Kitchen Cafe](#))

2 Tbs. vegetable oil  
2 onions, roughly chopped  
2 ½ pounds ground beef  
2 Tbs. tomato paste  
2/3 cup smoky BBQ sauce (or whatever BBQ sauce is in your fridge)  
1/2 cup ketchup  
1/4 cup Worcestershire sauce  
1/4 cup soy sauce  
Freshly ground black pepper

Heat the oil in a large skillet over medium heat. Add the onions and cook, stirring, until they start to turn translucent, about 4 minutes. Add the beef and cook, stirring and breaking up the meat, until it is finely crumbled, the liquid boils off and the meat begins to brown, about 10 minutes. Stir in the tomato paste, and keep stirring until the meat is coated. Add the BBQ sauce, ketchup, Worcestershire, soy sauce, and pepper, and bring to a boil. Cook until the sauce is slightly thickened, 4 to 5 minutes. You can make the sloppy joe up to 2 days in advance and reheat it over low heat or in the microwave.  
Serve over buns.

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