

Crock Pot Sloppy Joes

Based on the recipe from Crock Pot 365/Stephanie O'Dea

Ingredients

2 Tablespoons onion flakes
2 Tablespoons paprika
1/4 cup brown sugar
2 teaspoons cumin
2 teaspoon salt
2 teaspoon corn starch
1 teaspoon garlic powder
1/2 teaspoon ground mustard
1/2 teaspoon celery seed
1/2 teaspoon pepper
2 pounds lean ground beef, thawed
12 ounces tomato paste
2 cups water

In a small bowl mix together onion flakes, paprika, brown sugar, cumin, salt, corn starch, garlic powder, ground mustard, celery seed and pepper.

Place meat in the bottom of a 4-5 quart crock pot. Add tomato paste and seasonings.

Add water and stir to combine.

Cover and cook on low for 6-7 hours.

Serve on lightly toasted buns with a sprinkling of cheddar cheese (optional).

Makes about 16 sandwiches.

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