

Sloppy Joes (Serves 4-6)

Ingredients:

1 Tbsp olive oil
1 medium onion, diced
3 cloves garlic, minced
1/2 green bell pepper, diced
1 pound lean ground beef
2 tsp. prepared yellow mustard
3/4 cup ketchup
1 tsp. Worcestershire sauce
1 Tbsp brown sugar
Salt & freshly ground black pepper to taste

Directions:

1. In a skillet over medium heat, saute the onions in olive oil until softened, about 5 minutes. Add the garlic and ground beef and brown. Drain off any fat. Toss in bell pepper and cook for about 3 minutes or until softened a bit.
2. Stir in mustard, ketchup, Worcestershire sauce, and brown sugar; mix thoroughly. Reduce heat and simmer for 30 minutes. Season with salt and pepper to taste.

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