

Sloppy Joes

8 servings, 6 WW points per serving

1/2 cup onion, chopped
1 lb. lean ground beef
1 1/2 cups ketchup
2 Tbsp. brown sugar
1 Tbsp. Worcestershire sauce
1/4 tsp. salt
1/4 tsp. pepper
8 light hamburger buns

In a skillet brown the beef and onions over medium heat. Once browned, drain. Place meat back in skillet and add the ketchup, brown sugar, Worcestershire sauce, salt, and pepper. Cook for 10 minutes or until thickened.

From Lacey at www.laceywithlove.blogspot.com