

Sloppy Joes

Ingredients:

- Yellow Onion (chopped), 1
 - Bell Peppers (chopped), 2
 - Ground Beef, 2 1/2 lbs
 - Garlic Clove (minced), 5
 - Light Brown Sugar, 2 tbsp
 - Dry Mustard, 1 tsp
 - Mild Chili Powder, 2 tsp
 - Worcestershire Sauce, to taste
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Directions:

1. Brown ground beef and drain the fat and set aside
 2. Cook peppers and onions till onions are translucent then set aside
 3. Combine remaining ingredients, mix completely and bring to a boil
 4. Add beef, onions, and peppers to mixture and combine
 5. Reduce heat to a simmer and cook for 20m
 6. Serve on a Bulkie roll with loaded tater tots
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Yield:

Serving Size: 2 cups

Carbs:

Shelf Life: 5 Days