

Ye Olde Sloppy Joesphes

Ingredients

- 1 small onion, finely chopped
- 1/2 small green bell pepper, seeded and finely diced
- 1 Tbsp worcestershire sauce
- 1 1/2 tsp yellow mustard
- 1 Tbsp brown sugar
- 15 oz can tomato sauce
- 1 lb lean ground beef, 85%-90% lean
- 1 Tbsp olive oil
- 1/2 tsp salt, or to taste
- 1/4 tsp ground black pepper, or to taste
- 3 garlic cloves, minced
- 1/4 cup water, optional, or added to desired consistency
- 4 hamburger buns, toasted if desired

Instructions

1. Finely chop the onion. Seed and finely dice the green pepper.
2. In a bowl, combine the Worcestershire sauce, mustard, brown sugar, and tomato sauce.
3. Place a large skillet or dutch oven over medium/high heat. Add olive oil and ground beef. Saute the beef for about 5 minutes until cooked through and no longer pink, breaking it up with a spatula. Season with salt and pepper and add in the diced peppers and onion. Cook another 5 minutes until the veggies are tender and beef is browned.
4. Add the minced garlic and saute 30 seconds until fragrant, stirring constantly. Add in the sauce and bring to a light boil. Reduce heat to low and simmer uncovered for about 10-15 minutes or until thickened to your liking. Season to taste with salt and pepper and add water if you prefer a looser consistency. Serve on toasted buns for Sloppy Joe Sandwiches.

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