



# Sloppy Joes

(serves 4-6)

## Equipment list

Large pot  
Dry measures  
Wet measures  
Medium pot  
Wooden spoon  
Plastic serving spoon

## Ingredients

- 1 kg Ground Beef
- 1/2 whole large onion, finely diced
- 1 whole Large colored Bell Pepper, finely diced
- 5 cloves garlic, minced
- 350 ml Ketchup
- 250 ml Water
- 30 ml Brown Sugar
- 10 ml Chili Powder
- 5 ml Dry Mustard
- 2 ml Red Pepper Flakes
- 5 ml Worcestershire Sauce,
- 30 ml Tomato Paste
- 5 ml Tabasco Sauce (optional)
- 2 ml pepper
- Kaiser Rolls
- Butter

## Method:

1. Add ground beef to pot and cook until brown over medium high heat. Drain most of the fat and discard.
2. Add onions, green pepper, and garlic. Cook for a few minutes, until vegetables begin to get soft.
3. Add ketchup, brown sugar, chili pepper, dry mustard, and water. Stir to combine then add tomato paste, worcestershire, tabasco and pepper - simmer for 15 minutes, adding salt and pepper to taste. Taste and adjust seasonings as needed.
4. Spread rolls with butter and brown on a griddle or skillet. Spoon meat mixture over the rolls, enjoy it messy!!!