

Sloppy Joe Recipe

Ingredients:

1½ pounds extra lean ground beef or pork	2 tablespoons brown sugar
½ onion, diced	1 teaspoon Dijon or yellow mustard
2 cloves garlic, minced	1½ teaspoons salt, or to taste
1 green pepper, diced	½ teaspoon ground black pepper
1 cup water	1 cup water
¾ cup ketchup	cayenne pepper to taste (optional)
1 dash Worcestershire sauce	*BBQ sauce can replace brown sugar/ mustard*

Directions

Step 1: Place ground beef and onion in a large skillet. Turn heat to medium and cook and stir the mixture constantly until the beef is browned and forms small crumbles, about 10 minutes.

Step 2: Stir in garlic and green bell pepper; cook and stir until softened, 2 to 3 minutes. Add 1 cup water and stir, scraping the pan to dissolve any brown flavor bits from the bottom of the skillet.

Step 3: Mix in ketchup, Worcestershire sauce, brown sugar, Dijon mustard, salt, and black pepper. Add 1 more cup water and return mixture to a simmer. Reduce heat to low and simmer, stirring occasionally, until the liquid has evaporated and the mixture is thick, about 40 minutes.

Step 4: Season with salt, black pepper, and cayenne pepper to taste.



Source: <https://www.allrecipes.com/recipe/220182/homemade-sloppy-joes/>

