

TheRecipeWorks - Simple Sloppy Joes

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Serves: 4

1 pound ground beef
1 small onion, chopped
1 cup ketchup
1 teaspoon garlic powder
1 tablespoon brown mustard
1 tablespoon Worcestershire sauce
1/2 cup brown sugar
Salt, pepper

Brown ground beef and chopped onion in skillet and season with salt and pepper.

While beef is browning, combine ketchup, garlic powder, mustard, Worcestershire sauce and brown sugar in a mixing bowl, stirring until brown sugar is dissolved.

Drain beef and return to skillet. Add sloppy joe sauce and mix with beef and onion. Reduce and simmer for about 10-15 minutes.

(Put into freezer safe container. Store in refrigerator for reheating on Monday.)