

SLOPPY JOES

The Cooks Next Door

1 lb. ground beef
1/2 c. onion, diced
1/2 c. green pepper, diced
1 can (15 oz) diced tomatoes (petite diced would be really great!)
1 can (8 oz) tomato sauce
3 Tb. quick oats
1 Tb. Worcestershire sauce
2 tsp. chili powder
1 tsp. garlic powder
1 tsp. brown sugar
1/2 tsp. seasoned salt
dash of cayenne pepper or red pepper flakes

Brown beef, onion, and green pepper together. Add all other ingredients and simmer for 20 -30 minutes. Serve on buns. Makes 6-8 sandwiches.