

## Sloppy Joes

### Ingredients:

1 lb. hamburger meat

1 small onion diced

½ of green bell pepper diced

1 clove garlic chopped

1 14.5 oz. can tomato sauce

¼ cup ketchup

1tsp. vegetable oil

¼ cup brown sugar

Dash Worcestershire sauce

In a large skillet, heat oil, add onion, garlic and bell pepper. Stir and cook until vegetables are tender.

Add ground beef and cook until done.

Stir in tomato sauce, ketchup, Worcestershire, and brown sugar into the skillet with beef. Cook until thickened. Usually about 5 minutes.

Serve on hamburger buns or bread.