
Easy Sloppy Joes

The Essential Southern Living Cookbook

Servings: 8

Start to Finish Time: 20 minutes

1 1/2 pounds ground round
1 cup chopped onion
1/2 cup chopped green bell pepper
1 cup ketchup
1 can (8 ounce) no-salt-added tomato sauce
1 1/2 tablespoons low-sodium Worcestershire sauce
1 1/2 tablespoons lemon juice
1 1/2 tablespoons prepared mustard
2 teaspoons chili powder
1/4 teaspoon garlic powder
1/4 teaspoon black pepper
8 hamburger buns

In a large nonstick skillet over medium-high heat, cook the meat, onion and green pepper until the meat is browned, stirring until it crumbles. Drain, if necessary.

Add the ketchup, tomato sauce, Worcestershire sauce, lemon juice, mustard, chili powder, garlic powder and black pepper. Stir well. Cook, uncovered, over medium heat for 10 minutes or until thoroughly heated and slightly thickened, stirring frequently.

Spoon the sloppy joes evenly onto the bottom halves of the buns. Top with the remaining bun halves.

Sandwiches

Per Serving (excluding unknown items): 369 Calories; 17g Fat (41.8% calories from fat); 21g Protein; 33g Carbohydrate; 2g Dietary Fiber; 59mg Cholesterol; 695mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.