

# Cheeseburger Joes

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**Servings: 4**

*1 pound lean ground beef*  
*1/2 cup barbecue sauce*  
*1/4 cup ketchup*  
*4 hamburger buns*  
*4 slices cheese*

**Preparation Time: 15 minutes****Cook Time: 15 minutes**

In a large skillet, brown the meat. Drain.

Add the barbecue sauce and the ketchup. Mix well. Cook for 5 minutes or until heated through, stirring occasionally.

Fill buns with the meat mixture. Add a slice of cheese.

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Per Serving (excluding unknown items): 446 Calories; 26g Fat (54.2% calories from fat); 24g Protein; 26g Carbohydrate; 2g Dietary Fiber; 85mg Cholesterol; 574mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 3 1/2 Fat; 1/2 Other Carbohydrates.