
Italian Sloppy Joes

Rose Ballante

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

3 tablespoons olive oil
1 medium onion, finely chopped
2 pounds ground meat
3 tablespoons Worcestershire sauce
2 tablespoons sugar
1 bottle (12 ounce) ketchup
3 tablespoons Balsamic or wine vinegar
1/2 cup water
salt (to taste)
pepper (to taste)
shredded cheese (optional)
hamburger, Kaiser or potato rolls (your preference)

Saute' the onion in olive oil. Add the ground meat and cook. Drain the excess juice from the pan.

In a bowl, combine the Worcestershire sauce, sugar, ketchup, vinegar and water. Stir until smooth. Pour the mixture over the meat. Simmer for 20 minutes.

Spoon the Sloppy Joe mixture onto the rolls. Top with the shredded cheese if desired.

Sandwiches

Per Serving (excluding unknown items): 548 Calories; 41g Fat (65.1% calories from fat); 2g Protein; 47g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 626mg Sodium. Exchanges: 1 1/2 Vegetable; 8 Fat; 2 1/2 Other Carbohydrates.