

sloppy joe

prep: 10m
stovetop: 15m

serves: 4-6

ingredients:

1 lb ground beef or turkey
1 bell pepper
1 medium onion
3/4 cup ketchup / barbecue sauce
2-4 tbsp yellow mustard
garlic powder
pepper
2 tbsp brown sugar

notes:

✓ one-pot simple

instructions:

- cook meat and veggies in large frying pan until meat is browned
- drain excess liquid
- add remaining ingredients
- cook five more minutes
- this can be pre-prepped and warmed on the stove top

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