Sloppy Joe

Ingredients:

0.5 kg ground beef

6 hamburger buns, split

0.25 cup chopped onions

0.25 cup chopped green bell peppers

0.75 cup ketchup (or tomato paste)

1 tablespoon brown sugar

1 teaspoon yellow mustard

0.5 teaspoon garlic powder

Ground pepper

Salt

1. Heat a large pan over medium heat. Cook and stir lean ground beef in the hot pan, for 3-4 minutes, until some of the fat starts to render.
2. Add onion and bell peppers and continue to cook, for 3 -5 minutes, until the vegetables have softened and beef is cooked through.
3. Stir in ketchup, brown sugar, mustard and garlic powder. Add salt and pepper.
4. Reduce the heat to low and simmer for 20-30 minutes.
5. Once cooked divide it into portions and spread it on the buns to make a burger.
6. Serve with salad or fries