

RECIPE

Sloppy Joes



Ingredients

- 1 package ground beef
- ½ onion, chopped finely
- ¼ pepper, chopped finely
- ½ cup mushrooms, chopped finely
- 2 ml oregano
- Pinch each salt & pepper
- 1 cup tomato sauce
- 1 bun per person

Preparation

1. **In a frying pan cook beef over medium heat, breaking up with back of spoon for 5 minutes or until no longer pink.**
2. Add onion, pepper, mushrooms, oregano, salt, pepper; cook over medium heat, stirring often, for about 5 minutes or until onion is softened. Stir in tomato sauce. Simmer for 10 mins.
3. **Split rolls, toast. Spoon beef mixture evenly over bun.**