

RECIPE Block 3&4

# Sloppy Joes



Ready in **20 minutes**

Serves **6 people**

## Ingredients

- 375 g ground beef (½ lb)
- 7 ml chili powder (1 tsp)
- 3 ml cornstarch (½ tsp)
- 150 ml tomato sauce (⅔ cup)
- 325 ml water (1 cup)
- 7 ml beef seasoning (1 tsp)

## Preparation

1. **Place ground beef in a medium size frying pan. Brown at medium heat. Break up meat with a metal spatula while browning. Drain fat.**
2. **Add cornstarch, chili powder and beef seasoning. Mix well.**
3. **Add tomato sauce and water, blend in.**
4. Bring to a boil, then reduce to simmer.
5. Cook until the water has evaporated and mixture is thick, 5-10 minutes. Serve over toasted buns.