

Sloppy Joe

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Yields: 6 servings	Prep Time: 15 minutes	Cook Time: 15 minutes	Total Time: 30 minutes

Ingredients:

- 1 lb lean ground beef
- ½ c chopped onion
- ½ c chopped celery
- 2 cloves garlic, minced
- 1 ½ tbsp brown sugar
- ½ tsp salt
- ½ c ketchup
- 1 (8 oz) can tomato sauce
- 1 tbsp Worcestershire sauce
- 1 tbsp balsamic vinegar, white or cider vinegar works
- Pinch of cloves
- Pinch of cayenne pepper, optional for added heat
- Hamburger buns



Instructions:

1. In a large skillet, combine the ground meat, celery, onion, and garlic. Cook over medium heat until the meat is thoroughly cooked. About 8-10 minutes. Drain any moisture.
2. Add remaining ingredients: brown sugar, salt, ketchup, tomato sauce, worcestershire sauce, and vinegar. Stir to incorporate all the ingredients, using a spatula to break up any chunks of meat into smaller bite sizes. Add cloves, cayenne pepper, or freshly cracked black pepper.
3. Cover and simmer 15-20 minutes, stirring occasionally. Serve on buns.