

# HOMEMADE SLOPPY JOES

## Ingredients :

2 cloves garlic, minced

1 pound ground beef (or turkey)

8 ounces tomato sauce

1/2 cup ketchup

1/4 cup brown sugar (depending on how sweet you want your sauce)

2 tablespoons Worcestershire sauce

1 teaspoon mustard

1/2 teaspoon garlic powder

1/4 teaspoon onion powder

Freshly ground black pepper, to taste

Hamburger buns

Pickles

## Directions :

Set a large pot over medium-low heat. Add a few drops of extra-virgin olive oil, and saute the garlic for a minute or two until just fragrant and very light golden brown. Add ground beef, increase heat to medium/medium high, and cook until no longer pink, breaking apart and stirring as meat cooks. Drain grease from meat.

While meat is browning, make sauce. In a medium bowl, stir together tomato sauce, ketchup, brown sugar, Worcestershire sauce, mustard, garlic powder, onion powder, and freshly ground black pepper, to taste, until well combined. Pour over browned meat, stir, and simmer for a few minutes until warm.

Serve on hamburger buns or rolls with sliced pickles on top.