

Sloppy Joes

For every 1 pound of lean ground beef or ground turkey

- ¼ cup chopped onion
- ¼ cup chopped green or red bell pepper
- ¾ cup ketchup, or bbq sauce
- 1 tablespoon brown sugar
- 1 teaspoon yellow mustard or 1/2 teaspoon ground mustard
- ½ teaspoon garlic powder
- ground black pepper to taste

In a large skillet over medium heat, brown the meat until some of the fat starts to render (4-5 minutes). Add onion and bell pepper; continue to cook until vegetables have softened and meat is cooked through, 3 to 5 more minutes.

- Stir in all other ingredients. Reduce heat to low and simmer for 20 to 30 minutes.