

# SLOPPY JOES



## Ingredients:

- 1 tablespoon of vegetable oil
- 1 ½ LB. Ground round
- 1 small, sweet onion, diced
- 1 small green pepper, diced
- 2 tablespoons of tomato paste
- 3 cloves of garlic, minced
- 1 teaspoon of smoked paprika
- 1 teaspoon of chili powder
- 1/8 teaspoon of cayenne pepper
- 1 ½ cups of beef stock
- 1 cup of ketchup
- 2 tablespoons of Dijon mustard
- 2 teaspoons of Worcestershire sauce
- 1 tablespoon of brown sugar

## Directions:

1. Heat the vegetable oil in a large cast iron skillet over medium heat. Add ground beef and cook until browned for about 3-5 minutes, making sure to crumble the beef as it cooks and drain the excess fat. Add onion and bell pepper and cook for about 3-4 minutes stirring occasionally. Stir in tomato paste, garlic, paprika, chili powder and cayenne pepper until fragrant. About 1 minute. Stir in the beef stock.
  2. Next stir in the ketchup, Dijon, Worcestershire, and brown sugar; season with salt & pepper, to taste. Bring to boil and reduce the heat and simmer for about 15-20 minutes. Stir occasionally until thickens and the flavors have blended. Serve with a bun of your choice and sides!
- Enjoy!