**SLOPPY JOES**

Yield: approximately 8 - 1/3 cup servings

**INGREDIENTS**

* 1 lb. ground beef
* 1/4 cup onions, finely chopped
* 1 teaspoon beef base
* 2 teaspoons hot water
* 2/3 cup catsup
* 1 teaspoon Tabasco Sauce
* 1/2 - 2/3 cup Chili Sauce (to taste)
* 1 teaspoon sugar
* 1/2 teaspoon salt
* 1/4 teaspoon chili powder
* 1/4 teaspoon pepper

**DIRECTIONS**

* Brown ground beef.
* Add onions and cook until tender.
* In separate bowl, combine beef base with hot water.
* Drain fat from beef mixture, and stir in beef base and water.
* Add catsup, tabasco and chili sauce and mix well.
* In separate bowl, combine sugar, salt, chili powder and pepper.
* Add spice mixture to the beef mixture and stir to combine.
* Simmer for 5 minutes over low heat.
* Serve on whole wheat buns.
* Enjoy!

**NUTRITIONAL INFORMATION PER SERVING**

* Calories: 191
* Cholesterol: 46 mg
* Sodium: 758 mg
* Fiber: 1.61 g
* Protein: 19 g
* Carbohydrates: 12 g
* Total Fat: 8 g

Recipe courtesy of
Saint Paul Public Schools Nutrition Services