

# Sloppy Joes

## INGREDIENTS

1 medium onion chopped fine  
1 lb. ground beef  
½ cups ketchup  
¼ cups water  
1 tablespoon brown sugar  
1 tablespoon soy sauce  
2 tablespoons worcestershire sauce  
1 tablespoon dijon mustard  
1 tablespoon Vinegar  
1 tablespoon chili powder  
hamburger buns

## METHOD

Saute the onions in two tablespoons of vegetable oil. Add the chili powder and saute for about a minute. Add the ground beef and brown. Mix the remaining ingredients in a bowl and add to the beef. If you like "thick" sloppy joes, add a tablespoon of cornstarch to thicken the gravy. Cook until thoroughly heated through and serve on hamburger rolls with potato chips.

**Source:** Accidentally Italian

**Categories:** Beef, Kids

(4 servings)