

## Easy Sloppy Joes

by Carolyn Hodges, [www.thedinnershift.com](http://www.thedinnershift.com)

### Ingredients:

- 1 lb lean Ground Sirloin
- 3/4 cup Red Onion, finely chopped
- 3/4 cup Red Bell Pepper, finely chopped
- 3/4 cup Green Bell Pepper, finely chopped
- 3 Garlic Cloves, minced
- 1 cup Tomato Sauce, no sugar added
- 1/4 cup Ketchup
- 1 tbsp Dijon Mustard
- 1-2 tbsp Brown Sugar
- 2 tsp Chili Powder
- 1 tsp Worcestershire Sauce
- 1/4 Ground Cinnamon
- Salt and Pepper
- Whole Grain Hamburger Buns

### Method:

1. In a large skillet, brown meat over medium heat, breaking it up with the back of a wooden spoon.
2. Add onion, bell peppers and garlic. Saute for 5 minutes or until vegetables are soft. Season mixture to taste with salt and pepper.
3. In a bowl, combine tomato sauce through cinnamon and mix well. Stir into beef mixture and bring to a boil.
4. Reduce heat and simmer uncovered for 10 minutes, or until sauce has thickened.
5. Serve on buns.