

Sloppy Joes

Prep Time: 5 minutes

Cook: 30 minutes

Serves: 4

Ingredients

450g beef mince
1 onion chopped
1 green pepper, deseeded and diced
175ml tomato ketchup
150ml water
1 tbsp dijon mustard
1 tbsp brown sugar
2 large or 4 regular burger buns
2 - 4 slices of cheddar cheese

Method

Fry the beef in a large non stick frying pan for about 5 minutes or until browned

Add the onion and pepper and fry for a further 5 minutes

Stir in the ketchup, mustard and sugar

Add the water, cover and simmer for 20 minutes.

Ladle the mixture over the bottom halves of the burger buns, top with cheese then the bun lids