

Sloppy Joes

Ingredients:

2 TB of olive oil

For each pound of ground meat add:

½ cup of minced onions

½ cup of minced celery

½ cup chopped mushrooms

½ cup of ketchup

½ cup of water

1 minced clove of garlic

4 TB of chili sauce

Ground turkey, chicken or beef (we prefer turkey).

Directions:

Heat a pan and olive oil spread to coat the bottom of the pan.

Cook the ground meat until almost done and drain off excess moisture.

Add onions, celery and garlic and cook until meat is done (5 minutes).

Add remaining ingredients and cook for 15 to 20 minutes.

Note:

We puree the ketchup, chili and water before adding it.