

Sloppy Joes



Prep Time: 15 minutes
Chill Time: n/a
Cook Time: 15 minutes
Ready In: 30 minutes
Servings: 8
Calories: 314

Ingredients

1 lb. ground beef	1 tbsp. red wine vinegar
1 onion, diced	1 tbsp. molasses
4 cloves garlic	1 tbsp. Worcestershire sauce
1 jalapeno, minced	1 tsp. mustard powder
1 red pepper, diced	3/4 tsp. salt
1 1/2 c. tomato sauce	pepper
2 tbsp. tomato paste	8 whole wheat burger buns

Directions

1. Brown the meat and the onion in a large non-stick skillet over medium-high heat for 5 minutes, breaking up the meat into crumbles as it cooks. Pour the drippings out of the pan and discard.
2. Add the garlic, jalapeno, and red pepper and cook 5 minutes more, stirring occasionally.
3. Stir in the rest of the ingredients, reduce heat to low, and simmer for 5 minutes more.
4. Place a half-cup scoop of the mixture on to each bun and serve.