

4-INGREDIENT SLOPPY JOES



March 18

National Sloppy Joe Day

INGREDIENTS

- 1 Pound Ground Beef (no more than 20% fat)
- 1/8 Cup Brown Sugar
- 1/8 Cup Mustard
- 1/2 Cup Ketchup

DIRECTIONS

1. Brown the ground beef in a skillet and then drain.
2. Add in brown sugar, mustard, and ketchup. Stir to combine.
3. Allow it to simmer on low for about 5 minutes to combine the flavors.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Lunch/Supper

YIELD

6 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Ounce	1½ Ounces	2 Ounces	2 Ounces