

## Slow Cooker Sloppy Joes

You can easily whip these Sloppy Joes up in a skillet and get the same great flavour...just skip the water and possibly cut back both the ketchup and bbq sauce by a ¼ c. each....or not...entirely up to you!

### Ingredients: (To serve 4-6 people)

2 lbs. lean ground beef

1 white onion, diced

1 c. white mushrooms, sliced

½ green pepper, diced

2 cloves garlic, minced

½ tsp garlic powder

½ tsp salt

½ tsp black pepper

¼ c. water

3 Tbsp Worcestershire Sauce

1 tsp yellow mustard

2 Tbsp packed brown sugar

1 c. ketchup

¾ c. bbq sauce

Hamburger buns

Cheese slices (optional) such as cheddar or provolone

In a large skillet, brown ground beef. Add in onion, mushrooms and green pepper. When onions tender, add in minced garlic and simmer for a minute or so. Drain fat and add browned beef, onion, mushrooms, green pepper and garlic to slow cooker.

In a bowl, combine garlic powder, salt, pepper, brown sugar, water, mustard, Worcestershire, ketchup and bbq sauce – whisk to combine and pour over beef in slow cooker. Cover and cook on low for 4-5 hours.

When ready to serve, toast hamburger buns in oven just until golden. Spoon a good amount of Sloppy Joe sauce onto each bun and top with cheese. Return to oven just until cheese melts. Serve and enjoy!

*Kim's Cookology*