



## Slow Cooker Sloppy Joes

### Ingredients:

- 2 pounds 95% lean ground beef
- 1 small onion, chopped
- 1 small green pepper, chopped
- 1½ teaspoon chili powder
- ¼ cup sugar
- ¼ cup vinegar
- 3 tablespoons prepared mustard
- 1 cup ketchup
- 1 tablespoon Worcestershire sauce
- ¼ cup rolled oats, quickly cooking or regular

### Instructions:

- 1) Brown ground beef in skillet; drain any fat.
- 2) Put ground beef, onions and green pepper into 2 ½ quart slow cooker.
- 3) Add all other ingredients, except rolled oats. Stir well.
- 4) Cover and cook on low for 6 hours. Stir in rolled oats. With quick oats, serve immediately. With regular rolled oats, stir in and continue cooking for 10 minutes.

**YIELD: 8 servings (½ cup)**

### Cooking with children:

- Have older children chop vegetables and stir ground meat while it browns.
- Allow younger children to measure dry and liquid items.

### Substitutions and additions:

- Use local beef when possible.
- Ground wild meat (venison, elk, etc.) or ground turkey may be substituted for ground beef.
- Additional vegetables, such as chopped carrots, may be added to taste.

### Serving suggestions:

- Serve Sloppy Joe meat on whole grain buns with a tossed green salad or fresh fruit.
- Serve meat on a whole grain bun with a crunchy cabbage or broccoli slaw as a topping.
- Serve meat on baked potato topped with shredded cheese.
- Serve in a whole wheat pita pocket for a meal on the go.
- Serve with raw vegetables and dip - or with black-eyed peas or black beans.

### Nutrition Analysis

Serving Size: ½ cup	Total Carb: 19.2 g
Calories: 236	Dietary Fiber: 1.1 g
Total Fat: 4.6 g	Sodium: 128 mg
Calories from Fat: 17.6%	Protein: 25.6 g
Saturated Fat: 4.1 g	Calcium: 16.7 mg
Trans Fat: 0.0 g	Iron: 3.5 mg

### Source:

University of Kentucky Extension