

Sloppy Joes

(Pawtucket Soup Kitchen Recipe)

Ingredients

2 1/2 pounds ground beef
1 large green bell pepper, diced
1/2 large onion, diced
1 cup water
1 1/4 cups ketchup
2-3 tablespoons tomato paste
5 cloves garlic, minced
2 tablespoons packed brown sugar
2 teaspoons chili powder, or more as needed
1 teaspoon dry mustard
1/2 teaspoon red pepper flakes, or more as needed
4 shakes hot sauce, such as Tabasco
2 tablespoons Worcestershire sauce
Salt and freshly ground black pepper as needed

Directions

Start by browning the ground beef in a large pot over medium-high heat. Drain off the fat. Add in the green peppers and onions. Stir, and then add 1 cup water, the ketchup, tomato paste and garlic. Stir it around to combine, and then add the brown sugar, chili powder, dry mustard, red pepper flakes, and hot sauce, Worcestershire, salt and pepper to taste. Stir to combine, and then cover and simmer over low heat, about 20-30 minutes.

Pour hot Sloppy Joe mixture into aluminum pan and cover with tin foil. Wrap pan in newspaper to keep it warm. Deliver to church at 2:30 PM, while still hot.

(Lusitania Bakery to provide rolls. Volunteer to make Sloppy Joe filling only.)

To serve, split rolls. Spoon a good amount of the meat mixture onto the bottom roll, and then top with the other half.

Serves 8