

# SLOPPY JOES

2 cups Master Meat Sauce  
1 tablespoon vinegar  
1 tablespoon brown sugar  
1/4 cup ketchup

6 hamburger buns  
margarine



1. Mix Master Meat Sauce, vinegar, sugar and ketchup.
2. Place in gallon-size freezer bag. Label with date and heating instructions.
3. Freeze with bag of hamburger buns.

## Nutrition Facts

Serving Size 1 sandwich  
Servings per Recipe 6

Amount per Serving

**Calories 240** Calories from Fat 130

%Daily Value\*

**Total Fat** 15g 23%

Saturated Fat 6g 30%

**Cholesterol** 65mg 22%

**Sodium** 600mg 25%

**Total Carbohydrate** 6g 3%

Dietary Fiber 0g 0%

Sugars 0g

**Protein** 20g

**Vitamin A** 6% • **Vitamin C** 0%

**Calcium** 2% • **Iron** 15%

\* Percent Daily Values are based on a 2,000 calorie diet

### To prepare for serving:

In refrigerator, thaw buns and Sloppy Joe mix. Preheat oven to 325° Fahrenheit. Place Sloppy Joe mix in saucepan and simmer over low heat 10 minutes, stirring occasionally. Butter bun halves lightly and place on cookie sheet. Place in oven and heat 10 to 15 minutes. Spoon meat onto warm buns and serve. Makes 6 servings.

### Enjoy with:

Ice-cold milk  
Green beans with slivered almonds  
Sweet sliced cantaloupe

## MASTER MEAT SAUCE

4 pounds lean ground meat  
1 medium onion, minced  
1 can (6 oz.) tomato paste plus 6 oz. can of water or 1 can tomato soup  
2 cans (15 oz.) tomato sauce  
1 teaspoon garlic powder  
1 teaspoon salt

1. Brown meat, drain fat.
2. Add other ingredients. Simmer 20 to 30 minutes.
3. Immediately place unused sauce (1 cup portions) in freezer bags. Label and freeze.

**Cook Once: Eat for 2 Weeks** developed and presented by WIN the Rockies and the University of Wyoming Cooperative Extension *Cent\$ible Nutrition Program*. For recipes visit [www.uwyo.edu/cent\\$ible](http://www.uwyo.edu/cent$ible). For WIN the Rockies information visit [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies).