

Sloppy Joes: by Chef Niki

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Ingredients Needed:



1 pound ground beef
3 tbsp tomato paste

4 cups ketchup
1/2 cup red bell peppers minced

1/2 cup brown sugar
1 cup fresh broccoli chopped

3/4 tsp chili powder
1 cup carrots (fresh) diced

1 tsp cinnamon powder
1 cup frozen corn

4 cloves garlic minced
1 cup frozen green peas

1.5 tbsp olive oil
1/2 cup of yellow onions chopped
1.5 tsp salt
1 tbsp Worcestershire sauce

In a large Skillet, heat oil. Add onions and garlic, sauté over medium heat then add ground beef and stir, monitor and stir occasionally until beef is brown. Add tomato paste, ketchup, brown sugar, chili powder, cinnamon powder, Worcestershire sauce and salt. Stir ingredients in and cover pot, leave on medium heat, for 20 minutes. Uncover pot and stir then add bell peppers, broccoli, green peas, carrots and corn, let cook for an additional 10 minutes on low heat stirring occasionally.