



Sloppy Joes on a Bun

Ground beef
1 tbsp butter
1/2 yellow onion, chopped
1/2 green pepper, chopped

1 clove garlic
2 tsp yellow mustard
3/4 cup ketchup
2 tbsp brown sugar
1/2 tsp kosher salt
1/4 tsp pepper

Brown beef, then remove and drain.
Cook onion and pepper in butter until browned. Add beef back.

Stir in garlic, mustard, ketchup, brown sugar, salt, and pepper.
Cook until thickened.

Serve on toasted buns.



Spaghetti & Meatballs

Spaghetti
Meatballs
Tomato sauce

Cook and combine.

Can be placed in a mug or cup for easy transport and consumption.