

Homemade Sloppy Joes

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/persian-garlic-pickle-recipe>

Ingredients:

- 2 cloves garlic minced
- 1 pound ground beef or turkey
- 8 ounces tomato sauce
- 1/2 cup ketchup
- 4 tablespoons brown sugar
- 2 tablespoons worcestershire sauce
- 1 teaspoon prepared mustard
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- freshly ground black pepper to taste
- hamburger buns
- pickles Sliced

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 80 milligrams
4. Fat: 19 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 850 milligrams
9. Sugar: 22 grams
10. TransFat: 1 grams

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