

# Sloppy Joes

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/rachael-ray-recipe-for-italian-sloppy-joes>

## Ingredients:

- 1 pound ground beef
- 1/2 onion diced
- 15 ounces tomato sauce
- 3 tablespoons brown sugar
- 2 tablespoons mustard from a bottle
- 1/2 teaspoon salt or to taste

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 80 milligrams
4. Fat: 20 grams
5. Fiber: 4 grams
6. Protein: 24 grams
7. SaturatedFat: 8 grams
8. Sodium: 890 milligrams
9. Sugar: 17 grams
10. TransFat: 1 grams

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