

Sloppy Joe

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/dinner-ideas-recipes>

Ingredients:

- 1 pound ground beef
- 1/4 cup chopped onion
- 1/2 teaspoon garlic powder
- 1 teaspoon yellow mustard
- 3/4 cup ketchup
- 1 tablespoon brown sugar
- 1/2 cup water
- salt
- pepper

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 7 grams
8. Sodium: 780 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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