

Betty's Extra Sloppy Sloppy Joe Sandwich Recipe



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In this video, Betty demonstrates how to make her *Extra Sloppy* Sloppy Joes. A great combination of flavors, and it makes a complete meal!

Ingredients:

1 lb. ground beef or hamburger (I use Laura's Lean 4% fat ground beef.)
1 (about 1 oz.) McCormick sloppy Joe seasoning packet
6 oz. tomato paste
1.25 cups water
1 container prepared (or homemade) coleslaw
1 sliced large tomato
8 whole wheat sandwich buns

Brown the ground beef over low heat, stirring constantly, until crumbly and no pink is showing. Remove from heat and off any fat that has been cooked out. Sprinkle the sloppy Joe seasoning mix over the cooked ground beef. Then, add the 6 oz. tomato paste and the 1.25 cups water. Gently stir until these ingredients are combined. Now, cook this mixture over low to medium heat for about 10 minutes, until flavors are blended and the consistency is good for spreading. Pour the cooked sloppy Joe mixture into a serving bowl. Assemble your Extra Sloppy Sloppy Joe as follows. Spread the bottom half of the sandwich bun generously with sloppy Joe mix. Next, spread a layer of coleslaw on top of the sloppy Joe mixture. Now, add a large, thin slice of tomato. Cap it all off with the top of the sandwich bun. This makes a great alternative to a hamburger, and it adds in lots of vegetables, as well. It is sloppy, for sure, but scrumptious!