



SLOPPY JOES

If you are looking for a delicious budget friendly meal then look no further. These delicious Sloppy Joes from Kerrylynn Chetty will suit your taste buds and your pocket.

INGREDIENTS

- 60 ml oil
- 1 large onion diced
- 1 pepper diced
- 700 g mince
- 1 teaspoon garlic and ginger paste
- ½ teaspoon paprika/chilli powder
- 1 tomato grated
- 70 ml Worcestershire sauce
- 100 ml tomato sauce
- 100 ml water
- Salt and pepper to taste
- 6 large buns
- Butter/margarine for the buns

METHOD

1. Add oil to the pot on high heat and fry onion until soft.
2. Add peppers and fry for 2 minutes.
3. Add mince and let it brown/caramelize.
4. Add garlic and ginger paste, mix and let it fry for 1 minute.
5. Add paprika, tomatoes, Worcestershire sauce, tomato sauce and water. Mix and let it simmer on medium-low heat until the gravy has thickened.
6. Taste and add salt and pepper to your liking.
7. Toast the buns and add the mince mixture.
8. Serve with a side of chips.