

Sloppy Joes

- 2 LB of lean ground beef
- ½ cup chopped onion
- 1 tsp. garlic powder
- 2 tsp. mustard
- 1 ½ cups ketchup
- 6 tsp. brown sugar
- Salt & pepper to taste

In a skillet, brown onion and ground beef. Drain off fat. Add all but salt and pepper. Simmer 30 minutes. Season to taste with S & P.