

# **THE ULTIMATE SLOPPY JOE**

(serves 4)

## **INGREDIENTS AND QUANTITIES:**

**3 tbsp (45 ml) vegetable oil**  
**1 onion, chopped**  
**2 tbsp crushed garlic**  
**3 stalks celery, chopped**  
**1 cup (250 ml) chopped mushrooms**  
**1 lb. Medium ground beef or ground turkey**  
**1/4 cup (50 ml) beef broth**  
**1/2 cup (50 ml) ketchup**  
**1/2 tsp (2 ml) hot pepper sauce (or more, or less, or none)**

## **EQUIPMENT & UTENSILS:**

**Large skillet**  
**Dry measures**  
**Wet measures**  
**Medium pot**

## **PROCEDURE:**

- 1. Heat the oil in a large skillet on medium heat.**
- 2. Add the garlic, onion, celery, and mushrooms and cook until soft (7–10 minutes).**
- 3. Heat 1/2 cup of water with 1 tbsp. beef broth in a medium pot.**
- 4. Add the ground beef or turkey and cook, stirring to break up the lumps, until the meat is no longer pink (5–7 minutes).**
- 5. Add the beef broth, the ketchup, and the hot pepper sauce, and simmer for another 5 minutes, until everything is nicely glopped together.**
- 6. Place 4 opened hamburger buns under the broiler for 1 minute or until golden brown.**
- 7. Spoon Sloppy Joe mixture over toasted hamburger buns and eat, sloppily!**

