

Beef

Recipe:

Sloppy Joes

Brown hamburger with the onion, then add remaining ingredients; stir and simmer until thickened.

Software:

1 lb hamburger
1/2 onion, chopped up
Salt and Pepper to taste
3 Tblsp Ketchup
3 Tblsp Mustard
1 can chicken gumbo soup

Hardware:

Large Skillet

Nutrition Info:

Serving Size	4 oz
Servings	6
Per Serving:	
Calories	207
Total Fat	12.1 g
Saturated Fat	4.7 g
Polyunsaturated	0.4 g
Monounsaturated	5.2 g
Cholesterol	53.3 mg
Sodium	550 mg
Total Carbohydrate	8.1 g
Dietary Fiber	0.9 g
Sugars	3.9 g
Protein	15.5 g