

easy sloppy joes

Serves: 6

Prep and Cook time: 40 min

Per serving: 191 calories, 5.2 g fat, 183 mg sodium

1 lb. lean ground beef

2 tsp Worcestershire sauce

1/4 cup apple juice

1 (6-oz.) can tomato paste

1 TBS mustard

6 buns, split and toasted

1. In a large skillet over medium-high heat, brown beef until no longer pink. Drain well and return to heat.
2. Add tomato paste, Worcestershire sauce, mustard, and apple juice. Stir well and bring to a boil. Reduce heat and simmer 15 minutes until sauce thickens.
3. Spoon onto toasted buns and serve hot.

