

Sloppy Joes-serves 6



1 tablespoon vegetable oil
1 medium onion, chopped
1 clove garlic, minced
1/2 teaspoon chili powder
1 pound 85% lean ground beef
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1 teaspoon brown sugar
1 cup tomato puree
1/2 cup ketchup
1/4 cup water

Heat the oil in a 12-inch skillet on medium high heat. Add the onion and cook until softened. Add garlic and chili powder and saute about 30 seconds.

Add the beef, salt, pepper, and brown sugar. Cook and stir until beef has almost no pink left.

Stir in tomato puree, ketchup, and water. Cook for 4-5 minutes, or until the sauce is thickened slightly. Add more salt or pepper to taste. Serve on hamburger buns.

From www.thefrugalgirl.com, via *Cook's Illustrated*. Or is that the other way around? I dunno.