

# Marie Saba

*from my kitchen to yours*

## Sloppy Joes

*Makes 4 sandwiches*

### Ingredients:

- 1 Tablespoon (14 g) olive oil
- 1 medium onion (150 g), diced
- 1 green bell pepper (119 g), diced
- Salt and pepper, to taste
- 1 lb. (454 g) ground beef or turkey
- 1 cup (280 g) tangy BBQ sauce
- 1/8 teaspoon (1/2 g) Garam Masala, optional
- 4 brioche buns, buttered and toasted



For serving: pickles, pickled onions, Fritos, coleslaw

### Instructions:

1. Heat oil in a large pan over medium high heat. Add onions and peppers, season with salt and pepper, and cook until tender, about 5 minutes. Transfer to a bowl.
2. Add ground beef to the same pan over medium high heat, breaking up into small pieces and cooking until brown.
3. Add onions and peppers back to pan with cooked ground beef. Add BBQ sauce, Garam Masala, and stir to combine. Taste and adjust seasonings if needed.
4. Serve warm on toasted buns with pickles or pickled onions. If desired, serve Fritos or coleslaw on the side.

**For a lower carb or gluten free version:** Wrap filling in iceberg lettuce leaves.

YouTube: Marie's Kitchen  
Website: MarieSaba.com  
Email: Marie@MarieSaba.com