

Sloppy Joes

A homemade hamburger without all the effort of having to make it stick together! Make with BBQ sauce, ketchup, chilli sauce or a combination of all three.

Serves: 2 Time: 5 minutes prep. 30 minutes cooking

INGREDIENTS

- 1tbsp veg oil
- 1 medium carrot, peeled and grated
- 1 pepper, finely chopped (optional)
- 200g minced beef, lamb, pork or turkey (for a meat-free option, try cooked green lentils or meat-free mince)
- 200g tinned chopped tomatoes or 2 tbsp tomato puree and around 100ml water
- 1-2tbsp barbeque or tomato sauce, depending how sweet you like it
- a few drops of chilli sauce (optional)
- Salt & pepper
- 30g cheese (try grated cheddar or mozzarella) or 2 cheese slices
- 2 rolls or 4 slices of bread, toasted



Substitutions

No carrots or peppers? Try a combo of finely sliced leeks and mushrooms

Serving Suggestions:

With a small side salad of lettuce, tomato and cucumber

With coleslaw

With guacamole (mash avocado, tomato and lime juice together)



5. Toast the bread or rolls.



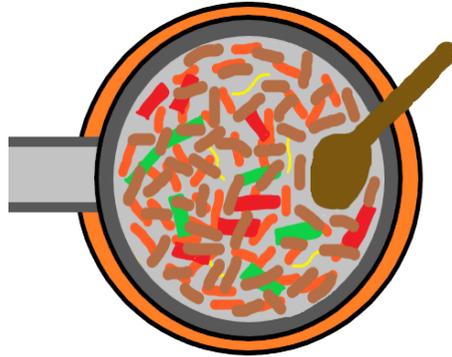
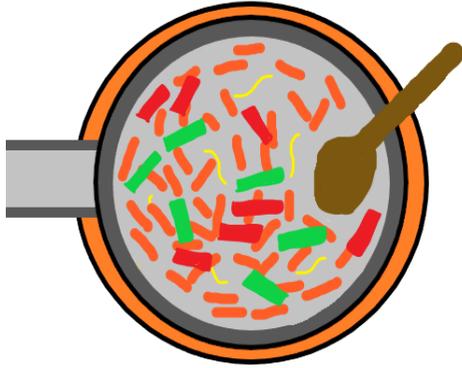
6. Lay the toast on plates and pile the sloppy mixture on top.



7. Sprinkle with grated cheese or lay cheese slices on top and allow to melt. You can pop them under a grill for a few minutes, if you like.

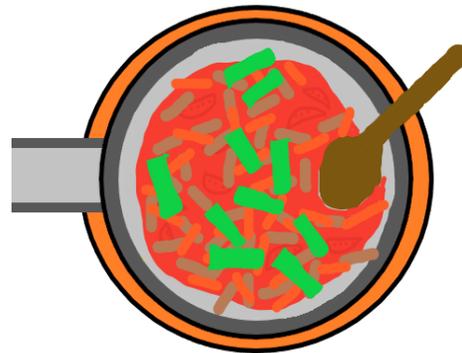
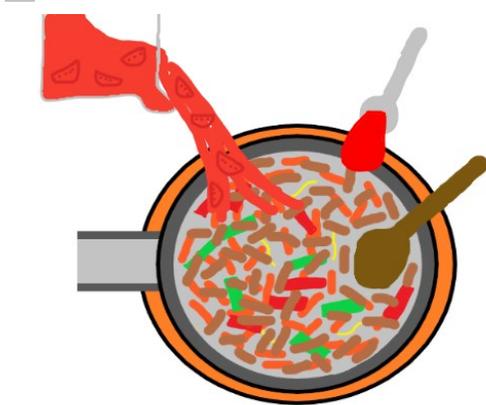
Then serve and enjoy!

SLOPPY JOES



1. Heat the oil in a frying pan or large saucepan. Gently fry the grated carrot and pepper (if using) for 8-10 minutes, until softened.

2. Add the mince (or lentils), breaking it up with a wooden spoon as you go, and stir until it browns all over.



3. Tip in the tinned tomatoes and sauce(s), and add a pinch of salt and pepper to season.

4. Simmer for 10-15 minutes until the sauce has thickened. Add a little water if it starts to look dry but don't make it so wet it'll soak the bread.

Recipe info

Typical ingredients cost: £2.02

Typical fuel cost: £0.03 gas / £ 0.15 electric

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!

