

Sloppy Joes

This recipe come from the Cooking Light Five Star Recipes Cookbook

2 pounds lean ground beef
1 1/2 cups chopped onion
1/2 cup chopped green bell pepper
2 cloves garlic, minced
2/3 cup water
1/2 cup ketchup
2 tablespoons prepared mustard
2 teaspoons chili powder
1 1/2 teaspoons ground cumin
1/2 teaspoon salt
1/4 teaspoon ground pepper
2(8 ounce cans) tomato sauce
1 (15 ounce can) black beans, drained
1 (14 1/2 ounce) can diced tomatoes
1 (6 ounce) can tomato paste

Brown the beef in a Dutch oven over medium heat stirring until meat crumbles. Drain meat in a colander. Wipe drippings from pan. Add a 1/2 tablespoon olive oil to pan and sauté onion, green bell pepper and garlic until tender.

Return meat to pan with vegetables and add the remaining ingredients. Stir well. Bring to a boil; cover, reduce heat, and simmer 30 minutes, stirring occasionally.