

## Sloppy Joes

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### Ingredients:

1 lb. ground beef  
1/4 c. chopped onion  
1 (8 oz) can tomato sauce  
2 T. quick-cooking oats  
1 1/2 tsp. chili powder  
2 tsp. Worcestershire sauce  
1/4 c. water  
1 tsp. Tabasco or other hot sauce (optional)  
6 toasted hamburger buns  
butter

### Directions:

Cook meat and onion in a large skillet. Once the meat is browned, drain the fat. Stir in tomato sauce, chili powder, oats, Worcestershire sauce, and hot sauce. Add 1/4 c. water. Bring to a boil and simmer on low heat for 5 to 10 minutes or until the mixture is thick.

Butter the hamburger buns and toast them at 350°F for 8 to 10 minutes.

Serve the meat mixture on the toasted buns.

Makes 6 sandwiches.