Sloppy Joes for 2

1 chunk onion

Splash oil

1-2 mushrooms **or** 1/3 carrot **or** 1 chunk zucchini

1 clove garlic

1 chunk beef

10 mL flour

25 mL tomato sauce

25 mL ketchup

50 mL beef broth (3 mL paste 50 mL water)

5 mL Worcestershire sauce

5 mL wine vinegar

5 mL brown sugar

5 mL dijon mustard

2 mL thyme or rosemary (or a combination)

1 block cheese, small handful greens.

1. Saute onions in oil until tender with slight browning.
2. Grate vegetable of choice and add to onions. Cook for 6-8 minutes until liquid starts to release.
3. Add beef and garlic, brown gently. Sprinkle with flour.
4. Add remaining ingredients (except cheese) and simmer until serving time. Cover if too much liquid is cooking off.
5. Cheese option: add to meat mixture right before serving and melt right now **OR** use later.
6. Slice buns in half, toast if desired. Serve mixture out onto bottom half of bun. (option to top with cheese now). Sprinkle with greens.