



Barbecue Beef Sloppy Joes

1. Prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 1 cup ketchup
- 2 tbsp **Smoky Barbecue Rub**
- 2 tsp cider vinegar

Combine in large resealable plastic bag. Freeze for up to three months.

2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into **(10-in.) Skillet** and bring to a simmer over medium heat.

(If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Divide beef mixture among 6 hamburger buns.
- Top with coleslaw, shredded cheese, shredded lettuce or sliced green onions, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients):

Calories 300, Total Fat 10 g, Saturated Fat 3.5 g, Cholesterol 50 mg, Carbohydrate 33 g, Protein 20 g, Sodium 860 mg, Fiber 2 g