

# No-Salt Sloppy Joe Seasoning Mix



Makes enough for use with 1 pound of ground beef.

## Ingredients:

- 1 T. dried minced onion
- ¼ tsp. powdered garlic
- ½ tsp. dry mustard
- ¼ tsp. chili powder
- ¼ tsp. black pepper

## Directions:

1. Mix all ingredients until well blended. May make in larger batches and store in a Ziploc bag.

## To make 4 servings of Sloppy Joes:

1. Brown 1 pound of lean ground beef over medium heat for 8 to 10 minutes in a large nonstick skillet or until beef is not pink, breaking beef up into small crumbles. Pour off drippings.
2. Add seasoning mix, ½ cup of water and 1 cup of no-salt-added ketchup.
3. Simmer for 10 minutes, reducing heat as needed to maintain a gentle simmer. Stir occasionally. Add more water if the mixture becomes too thick.