

Beef It Up Sloppy Joes



- Beef is good for you
- Beef has protein
- Protein helps our muscles

Coming to a place near you!

Beef It Up Sloppy Joes

Ingredients:

1. 2 Tablespoons vegetable oil
2. 2.5 pounds lean ground beef
3. 1 large diced yellow onion
4. One 14.5 ounce can diced tomatoes drained
5. One can cheddar cheese soup
6. ¼ teaspoon garlic powder
7. 2 teaspoons bbq seasoning
8. 4 large fresh basil leaves shredded
9. (Soft rolls of your choice)

Directions:

1. Brown beef and onion in oil
2. Remove from pan and drain
3. Add to crockpot with ingredients 4-7. Cook for 2 hours on low.
4. Stir in basil leaves (ours were from our hydroponic planter!)
5. Enjoy on soft rolls of your choice!