



Sloppy Joes

1 lb. lean ground beef (95% lean)
8 ounces tomato sauce
1/2 cup ketchup, no added sugar
1/4 cup Splenda or like sweetener
2 tablespoons Worcestershire sauce
1 teaspoon prepared mustard
1/2 teaspoon garlic powder
1/4 teaspoon onion powder
Freshly ground black pepper, to taste
Hamburger buns (optional)
Sliced pickles (optional)

Cook ground beef in a large pot over medium/medium high heat; stirring and breaking apart as meat cooks. Cook until no longer pink, drain fat.

In a medium bowl, mix together tomato sauce, ketchup, sweetener, Worcestershire sauce, mustard, garlic powder, onion powder, and freshly ground black pepper. Pour tomato mixture over browned meat, stir, and simmer until heated. Serve on hamburger buns and sliced pickles if desired. Makes 8 servings.

Nutrition Facts per Serving: 118 Calories, 4g Fat, 8g Carbohydrates, 13g Protein

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