

Sloppy Joes

Ingredients

- 1½ lb ground chuck
- 1½ cup chopped onion
- 1 tbsp shortening
- 1½ tsp salt
- 1½ tsp chili powder
- 2 tbsp flour
- 1 cup water
- 2 tbsp Worcestershire sauce
- 1½ cup Tomato ketchup
- ¼ tsp pepper

Instructions

1. Saute beef and onions in shortening,
2. Add seasonings and flour, stirring until blended
3. Add remaining ingredients and simmer until mixture thickens- about 30 minutes