



## **Crock Pot Sloppy Joes**



### **Ingredients**

- 2 lb(s), Ground Beef 97% Lean
- 1/2 cup, chopped, Onions, raw
- 2 tsp(s), Mustard, prepared, yellow
- 2 tsp, Salt
- 1/2 tsp, Black Pepper – Ground
- 1 cup, shredded, Cheese, low fat, cheddar or colby
- 1 tsp(s), Spices, garlic powder
- 1.50 cup(s), Heinz
- 2 tbsp(s), Sugars, brown
- 8 Bun (39 g), Hamburger Buns

### **Instructions**

1. Brown ground beef in a saucepan.
2. Add the browned meat and remaining ingredients to slow cooker and cook on low for 4 – 6 hours.
3. Serve on buns with a sprinkling of cheese and enjoy!

8 Servings

## Nutrition Facts

8 servings

### Amount per Serving

Calories 393

Total Fat 11 g

Saturated Fat 4 g

Cholesterol 73 mg

Sodium 1467 mg

Carbohydrates 43 g

Fiber 1 g

Sugar 19 g

Protein 44 g