

## Sloppy Joe's

2 tablespoon olive oil  
1 medium yellow onion, diced small  
1 green pepper, diced small  
6 cloves garlic, minced  
Sauté above ingredients

Add:

1 Tablespoon chili powder  
1 lb. Smart Ground  
1 can black beans  
1 teaspoons oregano  
1 teaspoon salt  
15 oz can tomato sauce  
2 tablespoons sugar  
1 tsp. red wine vinegar  
2 tablespoons yellow mustard (wet mustard)

Heat through. Serve on toasted rolls.

Serves ~3 adults.