

SAUSAGE SLOPPY JOES



Serves: 6



Prep Time: 15 mins



Cook Time: 26 min



INGREDIENTS

(500 g) package Marc Angelo Mild or Hot Italian Sausages	1
ground beef	1/2 lb
onions, chopped	2
large red or green pepper, chopped	1
sliced mushrooms	1 1/2 cups
medium zucchini, sliced	1
clove garlic, minced	1
medium tomatoes, chopped	3
tomato paste	1/4 cup
dried oregano leaves	1 1/2 tsp
Kaiser buns	6
Salt & pepper to taste	

TIPS

- This mixture freezes well. Make a double batch -one to enjoy fresh, the other to have on hand for an easy dinner.
- For a healthier choice try Marc Angelo Extra Lean Turkey Sausages or Mild Pork Sausages.
- For gluten free use gluten-free buns.

COOKING INSTRUCTIONS

- Remove casings from sausages.
- In large frying pan or saucepan cook sausage and beef over medium-high heat breaking up meat with back of a spoon, for about 5 minutes or until no longer pink. Remove meat with slotted spoon; set aside. Drain any fat from pan.
- Cook onions and peppers, stirring often, for 2 minutes. Add mushrooms, zucchini and garlic. Cook 4 minutes.
- Return meat to pan. Add tomatoes, tomato paste and oregano. Bring to a boil then reduce heat and simmer uncovered for 15 minutes or until vegetables are tender.
- Cut buns in half horizontally. Toast if desired. Spoon sauce generously on bun bottoms. Cover with bun tops.