

Sloppy Joe Recipe (edited 7-20-20; [www.intranuclear.com](http://www.intranuclear.com))

For 1.5 Quart Crock Pot

Turn on the crock pot to high and stir in:

- 1 14.5 ounce can of petite diced or diced tomatoes
- 1/2 cup of ketchup (or to taste)
- 1 tablespoon of yellow mustard (or to taste)
- 1 teaspoon of Worcestershire sauce
- 2 tablespoons of chili powder  
(optional: 1 Tbs. of chili powder + Sriracha sauce to taste)
- 1/2 teaspoon of garlic powder
- 1 white onions, sliced up and sauteed
  
- 1 lbs. of hamburger, browned in frying pan with salt/pepper

If using frozen hamburger patties...

Shake salt and pepper on one side then flip face down and brown;  
Shake on a little garlic salt on the other side, flip and brown;  
Chop up hamburger into sloppy Joe sized bits and finish browning;

Transfer hamburger to crock pot without the grease and cook.

Spoon onto a bun or bread. Enjoy. Low Carb.