

Friggin' Awesome Sloppy Joes

a Russ Ruskowski original

<input checked="" type="checkbox"/>	Ingredients
	1 pound Ground Beef
	1 Small Onion (or ½ medium onion)
	1 Green Bell Pepper
	1 can Tomato Soup
	Salt
	Black Pepper
	2 tablespoons milk
	Vegetable Oil or Butter (for sautéing)

Serves 4 (*depending on appetite*)

	Instructions
1)	Finely dice the green pepper and onion. Sauté in oil or butter in a skillet until slightly soft. Add the ground beef and cook until browned. If the beef is VERY fatty, drain off some of the fat – otherwise leave it alone (that's the flavor...)
2)	Stir-in tomato soup and salt and pepper to taste. You can spice it up now if you like (add hot pepper if you like it hot).
3)	Cook the beef mixture for a few minutes until it is heated through. Stir-in the milk (this will give the sloppy joe a creamier texture – almost like adding some cheese).
4)	Slop the mix onto hamburger buns (toast them for added pleasure) and eat.

Note:

Adding cheese to the mix just before finishing would be nice, but don't go overboard. Sometimes you don't NEED cheese on everything...

*Also, pickles and potato chips go incredibly well with this dish. Try making a sandwich with the pickles and chips **inside**. Let me know how you liked it!*