



Sloppy Joes

Makes 2 servings

Ingredients:

2 servings	<i>Country Sunrise Southwest or Mushroom Burger Mix*</i>
¼ cup	Ketchup
3 tbsp	Water
2 tsp	Brown sugar
1 tsp	Worcestershire sauce
1 tsp	Yellow mustard
	Garlic powder to taste
	Onion powder to taste



Preparation:

1. Scramble 2 servings *Country Sunrise Southwest or Mushroom Burger Mix* prepared according to package directions.
2. Mix ketchup, water, brown sugar, Worcestershire sauce, mustard and spices in small saucepan and heat.
3. Keep warm over very low heat.
4. Place scrambled mixture into saucepan with the sauce. Mix only until ingredients are moist.
5. Serve over toasted low protein burger buns or rolls.

Tip: To preserve an authentic look of ground meat, do not stir mixture until ready to serve, and do not over-mix

Nutritional Information

Serving size	Phenylalanine, mg
Per Recipe (not including bun)	120
Per Serving (not including bun)	60

* PKU Perspectives