

## Sandwiches

Beef

### Hamburger Bar-B-Q

This recipe was my first attempt at cooking so very long ago. My mother, Evelyn Cooper, taught me how to make the Bar B-Q. You know I can still picture it in my mind.

1-1/2 pounds ground beef  
1 medium green pepper, chopped  
1 small onion, chopped  
1 can ( 8 oz.) tomato sauce  
OR  
1 can ( 6 oz.) tomato paste  
water  
1/4 cup ketchup  
dash of salt and pepper  
  
6 hamburger buns



In a skillet on medium heat, brown ground beef.  
Drain off fat.  
Add green pepper and onion and cook until onion is tender; stirring occasionally.  
Add tomato sauce or paste.  
Fill empty can with the same amount of water and add to mixture.  
Mix well; add ketchup, salt and pepper.  
Reduce heat to simmer and cook 5 minutes or until mixture comes to a boil.

Serve on hamburger bun.

Yield: 6 servings.

NOTE: 1 Tablespoon of brown sugar can be added if you want a sweeter Bar B-Q.  
This recipe can be increased to accommodate a large party.

Meal Plan: Hamburger Bar B-Q, Potatoes in the Oven, and Baked Beans.

Special Note: The ketchup has all the spices you need to make this Bar B-Q taste good.