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Oscar's Sloppy Mess



Prep Time: 10 min



Cook Time: 5 min



Makes:

4 sandwiches

Ingredients:

- 1lb of extra lean ground or vegetarian ground beef
- ½ cup onion, finely diced
- ½ cup red or yellow bell pepper, finely diced
- ½ cup ketchup
- 1 tbsp mustard

- 1 tbsp Worcestershire sauce
- 1 tbsp brown sugar
- Whole grain hamburger buns
- ½ cup grated reduced –fat cheddar cheese
- ½ cup tomatoes, diced
- 1 cup shredded lettuce
- Light sour cream or light ranch dressing (optional)

Gather together these ingredients to make Oscar's Sloppy Mess.

Directions

Step 1: Get Cooking

Brown ground beef or vegetarian crumble in a non-stick-frying pan. Add the diced onion and bell pepper.

Step 2: Make a Delicious Mess

Add ketchup, mustard, Worchestershire sauce, and brown sugar. Cook on medium heat for about 5 minutes.

Little Hands Tip: Let your child to help out by combining the ketchup and mustard in a bowl first. Ask her what color will result when the red and yellow ingredients get mixed together.

Step 3: Add a Finishing Touch

Spoon your "slop" on a hamburger bun or taco shell. Then pile on the fixings!



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Little Hands Tip: Let your child add her own toppings. Have her count the toppings as she puts them on. What does she think Oscar would like to eat on his sloppy mess?

Step 4: Clean It Up

Enjoy eating this messy, finger-licking good meal together. When you're finished, clean up the table together. Ask your child to collect and throw out all the dirty napkins or stack the plates for washing.