

Lorna Higgins' Sloppy Joe Mix

This is the recipe used for the Sloppy Joe meals served at ULLR picnics for many years. The basic recipe shown below serves 6 but can be easily multiplied. The chicken gumbo soup is the surprise ingredient that adds the flavor to this exceedingly easy recipe.

1 pound ground beef
1 can chicken gumbo soup
1/2 cup catsup
1/3 cup prepared mustard

Brown the ground beef in a saucepan. Add the soup, catsup and mustard. Simmer slowly for several hours to allow the rice in the soup to disintegrate and the flavors to blend.