

Greek Sloppy Joes

- 1 small white onion
 - 1/2 green bell pepper
 - 1 Tbsp (15 g) unsalted butter
 - 1 tsp sunflower oil
 - 1 lb ground beef or lamb
 - 1 beef bouillon cube or 1 Tbsp beef base
 - 1 tsp salt
 - 1 Tbsp schwarma seasoning (see recipe)
 - 1 can tomato sauce
 - 4 garlic cloves
 - 1 Tbsp worcestershire sauce
 - 1 can garbanzo beans
 - 1/3 cup feta cheese crumbles
- Chop the white onion and bell pepper.
 - In a large dutch oven or deep skillet, melt the butter and oil over medium high heat.
 - Add the white onion and bell pepper and cook until softened.
 - Add the ground beef, break up while cooking thoroughly.
 - Add the beef bouillon, salt, schwarma seasoning, and tomato sauce. Bring to a simmer.
 - Press the garlic directly in the pot.
 - Stir in the worcestershire.
 - Drain the garbanzo beans and put in a bowl with water. Use your fingers to separate the outer shells and skim off the top. Drain the water and add to the pot.
 - Cook until reduced and thick, about 20 minutes.
 - Serve with feta cheese, tzatziki sauce and whole wheat buns.