

Sloppy Joes – excellent

1 pound ground beef
1 onion chopped
½ teaspoon minced garlic
1 t mustard
¾ cup ketchup
1 T Brown Sugar

Brown hamburger stir in onion and cook. Drain if needed. Stir in rest of ingredients put in Crockpot on low. Serve on GF Hamburger buns

<http://www.lincolntent.com/GFCF-Beef.html>