

# Unsloppy Joe Filling

*This favourite bun filling has a sweet, mellow tomato flavour, and oats to hold the meaty mixture together for minimal mess—ideal for kids! Easy to freeze in smaller portions for a hot lunch or supper in a hurry.*

<b>Lean ground beef</b>	<b>3 lbs.</b>	<b>1.4 kg</b>
<b>Finely chopped onion</b>	<b>1 cup</b>	<b>250 mL</b>
<b>Cans of condensed tomato soup (10 oz., 284 mL, each)</b>	<b>2</b>	<b>2</b>
<b>Ketchup</b>	<b>2 1/2 cups</b>	<b>625 mL</b>
<b>Quick-cooking rolled oats</b>	<b>1 cup</b>	<b>250 mL</b>

Scramble-fry ground beef and onion in large greased frying pan on medium-high for about 10 minutes until no longer pink. Transfer to 3 1/2 to 4 quart (3.5 to 4 L) slow cooker.

Add soup and ketchup. Stir. Cook, covered, on Low for 5 to 6 hours or on High for 2 1/2 to 3 hours.

Add oats. Stir well. Cook, covered, on High for about 20 minutes until thickened. Makes about 9 cups (2.25 L).

*1/2 cup (125 mL): 236 Calories; 8.2 g Total Fat (0.2 g Mono, 0.1 g Poly, 3.1 g Sat); 49 mg Cholesterol; 25 g Carbohydrate; 1 g Fibre; 16 g Protein; 478 mg Sodium*