

GENERAL'S SLOPPY PHILS

"Purple Cow Crew", Thomas Nelson High School

<i>1 Tbsp extra virgin olive oil</i>	<i>Pickled banana pepper rings</i>	<i>8 whole grain buns</i>
<i>2 lb ground beef</i>	<i>3 tsp beef base</i>	<i>3 Tbsp margarine (1 tablespoon for cheese sauce; 2 Tbsp for buns, optional)</i>
<i>1 large green bell pepper seeded and julienned</i>	<i>1/2 cup water</i>	<i>1 Tbsp flour</i>
<i>1 large yellow sweet onion, julienned</i>	<i>1/2 cup reduced fat cream cheese or Greek yogurt</i>	<i>1 cup milk</i>
<i>1 head leaf lettuce</i>	<i>2 tsp garlic powder</i>	<i>1 cup white American cheese, shredded</i>
<i>2 tomatoes. sliced</i>	<i>1 tsp onion powder</i>	
	<i>1 tsp ground black pepper</i>	

Heat olive oil in a large skillet over medium-high heat. Add ground beef and cook while breaking the ground beef up into chunks with a spatula or spoon until browned. Add green bell pepper and onion and cook for 3-4 minutes, until the onions start to become tender. Meanwhile, stir water and beef base together. Set aside. Drain off excess liquid from ground beef mixture. Stir in steak sauce and beef broth, season with pepper, garlic powder, and onion powder. Bring to a boil and cook 10 to 15 minutes, until most of liquid has evaporated. Add cream cheese or yogurt and cook until mixture is thickened.

Melt butter in a medium skillet over medium high heat. Stir in flour and cook for one minute. Whisk in milk and cook until the mixture is thickened and bubbly. Remove from heat and stir in shredded cheese until it is melted and incorporated into the sauce. (This step is optional) Split the buns and butter each of the cut sides. Heat a large skillet to medium heat. Place split buns cut side down into the skillet and cook until lightly browned. Remove from pan and set aside.

To assemble Sloppy Phil, pile the meat mixture onto the bottom half of each bun. Top with the melted cheese sauce. Place tomato, lettuce, banana pepper rings as you like. Place the top half of the bun onto the sandwich. Makes 8 servings.

