

# Maine Arts Camp

Recipe: Sloppy Joes

Chef: Charlie Limoggio CEC

Servings: 6

Quantity	Unit	Ingredient	Prep Notes
1	Tablespoon	Vegetable oil	
1	Medium	Yellow onion	Small dice ¼ inch square
1	Whole	Green bell pepper	Small dice
3	Cups	Cooked brown rice	
2	16 ounce cans	Mexican style pinto beans	
¾	Cup	Hickory smoke BBQ sauce	Or more for a moister product
6	Whole grain	buns	

Heat oil in large skillet over medium-high heat. Add onion and green pepper; cook 2 to 3 minutes. Add rice, beans and barbecue sauce. Simmer 10 to 15 minutes, until heated through. Serve on buns.

**Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.**