

“Mom”wiches

Recipe courtesy of *Diane's Daily Dish*

Ingredients:

- 1 (15oz.) can tomato sauce
- 2 tbsp. Dijon mustard
- 1 tbsp. brown sugar
- 2 tbsp. balsamic vinegar
- 1 tsp. Worcestershire sauce
- ¼ tsp. chili powder
- 1 tbsp. olive oil
- 1 lb. ground chicken, turkey or sirloin (or combo)
- 1 medium onion, chopped
- Salt and pepper to taste
- Whole wheat buns

Directions:

1. In medium saucepan combine first 6 ingredients (tomato sauce through chili powder)
2. Whisk together and cook over medium-low heat for about 15 minutes.

(more)

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3. Heat oil in large skillet over medium heat.
4. Add ground meat and onion, sauté until cooked, about 8 minutes.
5. Add tomato sauce mixture to meat, reduce heat to simmer and cook another 10 minutes.
6. Season to taste with salt and pepper
6. Serve on whole wheat buns.
7. Enjoy!

Serves 4