



Recipe Category / Meats

# Sloppy joe mac 'n' cheese

10'  
Hands on

15'  
Cook Time

2-4  
Portion(s)

1  
Difficulty



## Ingredients

- 2 tablespoon(s) olive oil
- 100 g ground beef
- 1 tablespoon(s) dark brown soft sugar
- 1 tablespoon(s) vinegar
- 1 tablespoon(s) worcestershire sauce
- 400 g canned tomatoes
- 100 g macaroni, boiled
- 100 g cheddar, grated

To serve

- 2 baguettes
- 1 tablespoon(s) parsley, finely chopped

## Διατροφικός πίνακας

Nutrition information per portion

257 Calories (kcal)	13.0 Total Fat (g)	6.4 Saturated Fat (g)	19.0 Total Carbs (g)
13%	19%	32%	7%
9.9 Sugars (g)	13.0 Protein (g)	1.4 Fibre (g)	0.64 Sodium (g)
11%	26%	6%	11%

## Method

- Preheat the oven to 200° C (390° F) set to fan.
- Heat the olive oil in a [frying pan](#) over medium heat and sauté the ground beef for 1 minute.
- Add the sugar, the vinegar, the Worcestershire sauce, and mix until the sugar melts.
- Add the canned tomatoes, the boiled macaroni, and mix with a serving spoon.
- Transfer the pasta to a 20x25 cm [baking pan](#) and sprinkle with the grated cheddar.
- Bake in the oven for 15 minutes until the cheese melts and turns golden.
- Remove from the oven.
- Cut the ciabattas in half and serve, sprinkling with finely chopped parsley.