

Sloppy Joes

2 pounds ground beef
1 large onion, chopped
2 garlic cloves minced
1 8 oz can tomato sauce
1 6 oz can tomato paste
1/2 cup ketchup
1/3 cup packed brown sugar
3 T. soy sauce
12 hamburger buns

Directions: Brown ground beef with onions and minced garlic cloves Mix all ingredients in resealable bag.
To cook, put in crockpot on low 4-6 hours