



# Halloween hamburger

## Ingredients

- 1½ pounds extra-lean ground beef
- ½ onion, diced
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 2 cups water, divided
- ¾ cup ketchup
- 2 tablespoons brown sugar
- 1 teaspoon Dijon mustard
- 1½ teaspoons salt, or to taste
- ½ teaspoon ground black pepper
- 1 dash Worcestershire sauce
- 1 pinch cayenne pepper (optional, to taste)

## Instructions

### 1. **Brown the Meat:**

In a large skillet over medium heat, cook the ground beef and diced onion until beef is fully browned and crumbled, about 10 minutes.

### 2. **Add Vegetables & Garlic:**

Stir in the diced green pepper and minced garlic. Cook for 2–3 minutes, until softened.

### 3. **Deglaze the Pan:**

Pour in 1 cup of water and stir, scraping up any browned bits from the bottom of the skillet to enhance the flavor.

### 4. **Season the Mix:**

Stir in ketchup, brown sugar, Dijon mustard, salt, black pepper, Worcestershire sauce, and a pinch of cayenne if using.

### 5. **Simmer to Perfection:**

Add the remaining 1 cup of water. Bring to a gentle boil, then reduce heat to low and simmer uncovered, stirring occasionally, for about 40 minutes—until the mixture thickens and most of the liquid has evaporated.

### 6. **Taste & Adjust:**

Before serving, taste and adjust seasoning with more salt, pepper, Worcestershire sauce, or cayenne if desired.

### 7. **Serve:**

Spoon onto hamburger buns and serve warm.

