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# Whimpies

*Melissa Stone Crosby*

*Party Recipes from the Charleston Junior League - 1993*

*Another name for this dish might be "Third Generation Sloppy Joes". This is a versatile dish that can be served from a chafing dish and spooned onto cocktail rolls as an hors d'oeuvre or piled onto hamburger buns for lunch or supper.*

**2 1/2 pounds lean ground beef**  
**2 large onions, chopped**  
**1/4 cup green bell pepper (optional), chopped**  
**1 cup V-8 vegetable juice or tomato juice**  
**2/3 cup ketchup**  
**2 tablespoons sugar**  
**1/4 cup white vinegar**  
**2 tablespoons Worcestershire sauce**

In a large frying pan or Dutch oven, cook the meat and vegetables over medium heat until the meat is browned and the vegetables are tender, about 30 minutes.

Stir in the V-8, ketchup, sugar, vinegar and Worcestershire sauce. Simmer, uncovered, over low heat for two hours. The mixture will resemble spaghetti sauce. (Remove the lid during the last 30 minutes of cooking if it seems too thin.)

The sauce will keep for several days in the refrigerator, freezes well, and may be reheated in a microwave oven.

Yield: 8 to 10 servings

## **Appetizers**

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*Per Serving (excluding unknown items): 3374 Calories; 235g Fat (63.7% calories from fat); 206g Protein; 96g Carbohydrate; 6g Dietary Fiber; 851mg Cholesterol; 2963mg Sodium. Exchanges: 29 1/2 Lean Meat; 3 1/2 Vegetable; 29 1/2 Fat; 5 Other Carbohydrates.*