

Sloppy Joe's

INGREDIENTS:

- 2 tablespoons avocado oil or olive oil
- 1 red pepper, or yellow/orange
- 1 large onion
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 pound grass-fed ground beef
- 3/4 cup ketchup
- 1/4 cup coconut aminos
- 2 tablespoons tomato paste

PROCESS:

- Place the oil in a large skillet.
- Dice up the red pepper and onion and sauté in the oil over medium heat. Cook for about 5 minutes, until they start to soften and onions start to become translucent.
- Sprinkle with salt and garlic powder and stir in.
- Add the beef and break it up with a spatula. Cook until browned.
- Add ketchup, coconut aminos, and tomato paste and stir to combine.
- Let cook on low for at least 10 minutes. The longer it cooks the more the flavors will develop. I like to simmer it for 30-40 minutes.
- Serve over zucchini noodles, a sweet potato, or just eat it out of a bowl.

Note: Serve over sweet potato wedges for a delicious meal.

Cut sweet potato into thin wedges.

Toss with melted butter or ghee, sprinkle with coarse sea salt

Roast in oven at 400 degrees for about 30 minutes or until browned on the edges

From: jaysbakingmecrazy.com

