



SLOPPY JOES

By Dr. Cindy Tanzar
(Standard/Maintenance)

If you're a Sloppy Joe fan, then a second recipe will be a treat. We actually like this one better than the initial recipe. Sloppy Joes are a decades old American favorite, and they don't need a bun to be enjoyed. You can spoon it into a bell pepper, wrap it in a lettuce wrap, or enjoy it spooned over lettuce with some dressing. You can also serve it over cauliflower rice or florets or spaghetti squash, as well.

Worcestershire sauce provides great flavor, but it needs to wait for maintenance. This recipe makes 4 servings and covers your protein and 1/3 cup cooked vegetable for one meal. Just add 2/3 cup of cooked vegetable or 1-2/3 cup raw vegetable.



INGREDIENTS

- 1 Tbsp avocado oil
- 1-pound grass-fed ground beef or ground turkey
- 1/4 cup onion, diced
- 1/2 cup diced green bell pepper, diced
- 1 clove of garlic, minced
- 1/4 cup organic tomato paste
- 1 cup organic beef broth (like Kettle and Fire)
- 2 Tbsp Swerve Brown or Lakanto Golden



2 tsp. red wine vinegar or apple cider vinegar
1 Tbsp yellow mustard or Dijon
2 tsp. coconut aminos (on plan) or Worcestershire sauce (maintenance)
Pink Himalayan salt and ground black pepper, to taste

INSTRUCTIONS

Heat a large skillet over medium-high heat. Add avocado oil and ground beef, breaking the beef into small pieces as it cooks and turning it as it browns.

When almost cooked through, add all the other ingredients and stir, mixing well. Bring to a simmer then turn the heat to medium low, simmering uncovered for about 15 minutes.

The excess liquid will evaporate as it cooks. If you like your sloppy joes more “loose,” you can add a touch more broth.