

## Sloppy Joes (on a Bun or in a Bowl)

*Adapted from Whole Foods recipe. Search online for "Turkey Sloppy Janes"*

### Ingredients:

- 1 Tablespoon extra-virgin olive oil or coconut oil
- 1 yellow onion, chopped
- 1 green pepper, chopped
- 3 Tablespoons tomato paste
- 1 cup grated carrots (from 1 large or 2 small carrots)
- 1 lb. ground beef, grassfed if possible
- 2 small, 8-oz cans of tomato sauce
- ½ cup chopped pitted dates
- 4 teaspoons balsamic vinegar
- 5 teaspoons yellow mustard

### Instructions:

1. Heat olive oil in a large skillet or saucepan over medium-high heat. Add onion and pepper and cook until starting to soften and lightly brown, stirring frequently, 4-5 minutes.
2. Stir in tomato paste, carrots, and 2 Tablespoons water and cook 2 minutes longer or until carrots are tender, stirring occasionally and scraping any browned bits from the surface of the pan.
3. Add ground beef and cook until meat is no longer pink, about 5 minutes, stirring to break it up as it cooks.
4. Stir in tomato sauce, dates, vinegar, mustard, and ½ cup water and bring to a boil. Reduce heat to low, cover, and simmer 15 minutes to blend flavors.

### Notes:

\*I use my food processor to grate the carrots.

\*Anytime I open a can of tomato paste, I use what I need, and then portion the remaining paste into 1-Tablespoon measurements onto a small plate. I put the plate in the freezer for a couple hours until the paste has hardened. Then I scrape the tomato paste blocks off with a spoon into a quart freezer bag and keep them in my freezer. Then when I need a few Tablespoons for a recipe like this, they are already portioned out and easy to add to the pan (either straight from frozen or thawed in the fridge or on the counter).

\*I buy dates from Costco, California Deglet Noor dates in a bag. I store them in the fridge to keep them fresh and they last a long time.

\*This recipe is really easy to double for leftovers, or for guests. If not doubled, it serves a family of 6 one time.