



Healthier Sloppy Joes

Jacob · 28/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

6

Description

This healthier version of Sloppy Joes includes more veggies and real garlic. Be sure to serve on whole wheat buns.

Ingredients

- 1 pound lean ground beef - 2 carrots
- finely chopped - $\frac{1}{4}$ cup chopped onion - $\frac{1}{4}$ cup chopped green bell pepper - 2 cloves garlic
- minced - $\frac{3}{4}$ cup ketchup - 1 tablespoon brown sugar - 1 teaspoon prepared yellow mustard - salt and ground black pepper to taste

Instructions

1. Heat a large skillet over medium-high heat. Add beef
2. carrots
3. onion
4. bell pepper
5. and garlic; cook and stir until beef is browned and crumbly
6. about 10 minutes. Drain off liquids. Mix in ketchup
7. brown sugar
8. and mustard until thoroughly combined. Reduce the heat to low and simmer until sauce has thickened
9. about 30 minutes. Season with salt and pepper. Editor's Note: This recipe is a healthier version of Sloppy Joes.