

Sloppy Joe

This recipe is with a Sugar Free/No Added Sugar/Sweeteners here and please, go Organic with all the ingredients if possible!

Yield: 20 super sloppy sandwiches

Ingredients

5 Pounds Ground Beef: Make sure the Fat Ratio is 80% Lean/20% Fat or 85% Lean/15% Fat

NOTE: Ground Turkey or Ground Chicken in the beef's place is fine!

5 tablespoons Olive Oil

Your Seasoning that you will season your meat!

2 Times you will need this: (multiply this by 2 for total needed)!

1 large Red Onion, chopped
1 large Yellow Onion, chopped
1 large Green Bell Pepper, chopped
1 large Red Bell Pepper, chopped
1 cup cleaned and Fresh Mushrooms (your choice of type)
Celtic Sea Salt – to taste
Black Pepper – to taste
White Pepper – to taste
1 teaspoon Cayenne Powder (more or less to your taste)
1 tablespoon Chili Powder
3 tablespoons Cumin Powder (add more if you like the Smokey Flavor)
1 tablespoon Garlic Powder
1 tablespoon Onion Powder
1 tablespoon Sage
1 tablespoon Basil
1 tablespoon Thyme

Heat a large skillet or pan over medium high heat. Add Olive Oil and Meat to the pan. Right after you lay the ground beef in the pan or large skillet;

Season the Meat the 1st time then cook until the meat has browned, then drain the excess fat. Put the meat back in the pan, make sure the meat is broken down very fine, then Reduce the heat to medium and finish cooking the mushrooms, onions and peppers (part of the 1st seasoning) with the meat for 5 minutes.

Season the Meat for the 2nd time and stir. Then add the following ingredients below:

<p>2 tablespoons Sugar Free Relish 1 Cup Mustard (Regular or Spicy Brown) 1 bottle Sugar Free Catsup/Ketchup 4 cups Sugar Free Tomato Sauce 1 small can Sugar Free Tomato Paste</p>
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Then cook for 5 more minutes on medium heat. Reduce heat to simmer and cook the Sloppy Joe mixture 10 to 15 minutes longer.

Get 20 Organic Stone Grain Crusty Rolls, split, toasted and lightly buttered

Garnish with: Green Lettuce Leaf, Sliced Ripe Tomatoes and Pickles. Serve with Deviled Potato Salad, House Potatoes, Cole Slaw or any side dish of your choice.

Lay your Toasted Bun on a Plate, Using a large spoon or a number 10 ice cream scoop, pile the Sloppy Joe meat onto the toasted buttered bun bottoms and leave the sandwich open by placing the lettuce, tomato and pickles on the top bun. (The Pickles can be placed on the end of the plate as a garnish). Serve with your favorite sides and have plenty of napkins on hand