

Not-So-Sloppy Sloppy Joe's (served on baked sweet potato chips instead of burger buns) ~ Sarah Roberts

Time: 30 minutes Prep + Cook Time

Serves: 8

INGREDIENTS

1 lb. ground beef
1 can pinto or kidney beans, well-drained and rinsed
1 medium cooking onion, finely diced
1 red or yellow bell pepper, finely diced
1 large carrot, finely diced
1/2 teaspoon dry mustard powder
1 Tbsp. Chili powder
1 clove of garlic, minced
1 can of organic tomato sauce (or 1/2 jar strained tomatoes)
1/2 – 1 Tbsp. coconut palm sugar or maple syrup
2 Tbsp. Worcestershire sauce
1 small can of tomato paste
3-4 medium Sweet potatoes

DIRECTIONS

In a large skillet over medium heat, brown the meat.

Begin preparing the Sweet Potato chips (see below).

Drain off any excess juices from the meat, and add all of the diced vegetables to the skillet.

Sauté the mixture for 2 minutes and add the garlic, mustard powder and chili powder. Allow spices to “bloom” for a minute and then add all the remaining ingredients, including beans. Bring it to a boil, reduce the heat, cover the skillet (with a lid or tinfoil), and simmer it for 15-20 minutes until the vegetables are tender.

Serve on Baked Sweet Potato Chips. Arrange several chips on a plate and, using a slotted spoon, pour one large spoonful of the mixture on top (you can also serve it on a baked sweet potato).