

Stovetop Sloppy Joes

Makes: 8 servings

Prep time: 15 minutes

Cook time: 25 minutes

Ingredients:

For Sloppy Joes:

- 2 lbs. ground beef
- 2 tsp. cooking fat of choice
- 1 small yellow onion, diced
- 1 small bell pepper, diced
- 3 cloves garlic, minced
- 1 6-ounce can no-salt-added tomato paste
- $\frac{3}{4}$ cup water
- 2 Tbsp. yellow mustard
- 1 Tbsp. apple cider vinegar
- $\frac{1}{2}$ tsp. fish sauce, optional (may sub tamari or coconut aminos)
- $\frac{1}{2}$ tsp. paprika
- $1\frac{1}{2}$ - 2 tsp. salt
- $\frac{1}{4}$ tsp. black pepper

For Sweet Potato "Buns:"

- 2 large sweet potatoes cut into 1/4-inch thick rounds (*with peel intact*)
- 1 tsp. cooking fat of choice

Directions:

1. Place a large skillet over medium to medium-high heat. When the pan is hot, add cooking fat, onions, and peppers. Sauté, stirring occasionally, until onions start to soften (about 5-8 minutes).
2. Add ground beef and garlic. Use a large spoon to break up meat, cook, stirring occasionally until meat is browned and almost cooked through. Drain meat if desired.
3. To the meat mixture, add tomato paste, water, mustard, vinegar, optional fish sauce, paprika, salt, and pepper. Stir well to combine. Continue to cook over medium heat (about 10 minutes) until hot and ground beef is cooked through and peppers are tender.
4. Taste and season with additional salt and pepper to taste. Serve immediately or store in a covered container in the fridge for up to 4 days. May also be frozen up to 3 months.

To make Sweet Potato "Buns:"

1. Preheat the oven to 350°F. Line a large baking sheet (or two, depending on how many sweet potatoes you're going to bake) with parchment paper.
2. Arrange sweet potato slices in a single layer on a baking sheet(s). Brush with cooking fat.
3. Bake for 25-30, flipping halfway through baking time, or until sweet potatoes are tender and lightly browned on the surface.

Nutritionals (serving size: 1/8 of recipe - meat only)

Calories: 210

Total Fat: 9 g

Saturated Fat: 3 g

Sodium: 200 mg

Carbohydrates: 7 g

Fiber: 2 g

Sugar: 3 g

Protein: 25 g

Recipe credit/photo: Jess and Stacie, [The Real Food RDs](#)