



# The Best Sloppy Joes

🕒 40 minutes    🍽️ 4 servings

## Ingredients

1 pound ground beef

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1 small onion, chopped

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1 green pepper, diced

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2 large carrots, peeled and shredded

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15 oz can tomato sauce

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1 heaping teaspoon chili powder

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1 tablespoon molasses

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1 tablespoon apple cider vinegar

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1 tablespoon dried mustard powder

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pinch of cayenne powder

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pinch of salt

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1/4 cup sweetener, such as agave

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1/8 cup ketchup

## Directions

- 1** Heat a large pan with a top on medium heat. Add the ground beef and cook, breaking it up into smaller pieces.
- 2** Half way through cooking the meat, add in the onion, green pepper, and shredded carrots. Continue cooking until the meat is fully browned.
- 3** Add the remaining ingredients and stir everything together.
- 4** Place the lid on top of the pan and let the mixture simmer for 30 minutes, stirring frequently for the first 10 minutes. Then occasionally for the next 20 minutes.
- 5** Spoon the sloppy joes onto hamburger buns and enjoy.