



*cara price*

## SLOPPY JOES

### INGREDIENTS

- 1 pound ground beef
- 3 tablespoons olive oil
- 1 onion, chopped fine
- 1/4 cup carrots, chopped fine
- 2 stalks celery, chopped fine
- 3 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon pepper
- 1- 16 ounce can tomato sauce
- 2 tablespoons tomato paste
- 2 tablespoons coconut sugar
- 2 tablespoons coconut aminos

### DIRECTIONS

in a large skillet, heat oil over medium-high heat. add onion, carrots & celery. cook, stirring occasionally, until vegetables are soft, about 5-7 minutes.

add ground beef to the skillet & cook breaking up with a wooden spoon until thoroughly browned.

stir salt & pepper into meat & veggies.

add in garlic, tomato sauce, tomato paste, coconut sugar & coconut aminos.

simmer 10 minutes, then serve on italian sandwich rolls.