



Sloppy Joes



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



615 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 Tbsp brown sugar
- ☐ 2 cups canned tomatoes whole canned (or 1 15-ounce can tomatoes, puréed)
- ☐ 0.5 cup carrots minced chopped (can sub bell pepper)
- ☐ 1 pinch cayenne pepper
- ☐ 0.5 cup celery chopped
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 cloves garlic minced
- ☐ 1.3 lb ground beef

- ☐ 1 pinch ground cloves
- ☐ 4 hamburger buns
- ☐ 0.5 cup catsup
- ☐ 1 Tbsp olive oil
- ☐ 1 cup onion chopped (1 medium onion)
- ☐ 2 turns of pepper black freshly ground
- ☐ 1 Tbsp red wine vinegar
- ☐ 4 servings salt
- ☐ 1 Tbsp worcestershire sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ slotted spoon

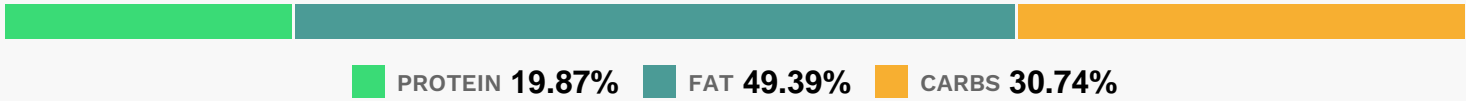
Directions

- ☐ Heat olive oil in a large sauté pan on medium high heat.
- ☐ Add the carrots and sauté for 5 minutes. (If you are using bell pepper instead of carrots, add those at the same time as the onions.)
- ☐ Add the chopped onion and celery. Cook, stirring occasionally until onions are translucent, about 5 more minutes.
- ☐ Add the minced garlic and cook for 30 more seconds.
- ☐ Remove from heat.
- ☐ Remove vegetables from the pan to a medium sized bowl, set aside.² Using the same pan (or you can cook the meat at the same time as the vegetables in a separate pan to save time), generously salt the bottom of the pan (about 1/4 to 1/2 teaspoon).
- ☐ Heat the pan on high. Crumble the ground beef into the pan. You will likely need to do this in two batches, otherwise you will crowd the pan and the beef won't easily brown. Do not stir the ground beef, just let it cook until it is well browned on one side. Then flip the pieces over and brown the second side. Use a slotted spoon to remove the ground beef from the pan (can add to the set-aside vegetables), salt the pan again and repeat with the rest of the

ground beef.If you are using extra lean beef, you will likely not have any excess fat in the pan. If you are using 16% or higher, you may have excess fat. Strain off all but 1 tablespoon of the fat.3 Return the cooked ground beef and vegetables to the pan.

- ☐
- Add the ketchup, tomato sauce, Worcestershire sauce, vinegar and brown sugar to the pan. Stir to mix well.
- ☐
- Add ground cloves, thyme, and cayenne pepper. Lower the heat to medium low and let simmer for 10 minutes. Adjust seasonings to taste.
- ☐
- Serve with toasted hamburger buns.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:14.2, Inflammation Score:-8, Nutrition Score:26.440434681333%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 615.02kcal (30.75%), Fat: 33.87g (52.12%), Saturated Fat: 11.79g (73.71%), Carbohydrates: 47.44g (15.81%), Net Carbohydrates: 43.88g (15.96%), Sugar: 21.29g (23.66%), Cholesterol: 100.64mg (33.55%), Sodium: 1015.12mg (44.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.67g (61.34%), Vitamin B12: 3.12µg (51.99%), Vitamin C: 41.26mg (50.01%), Selenium: 33.9µg (48.43%), Vitamin B3: 9.4mg (47.01%), Zinc: 6.63mg (44.22%), Vitamin B6: 0.8mg (40.05%), Iron: 6.22mg (34.57%), Phosphorus: 323.99mg (32.4%), Vitamin B2: 0.5mg (29.18%), Manganese: 0.58mg (28.99%), Potassium: 933.55mg (26.67%), Vitamin B1: 0.39mg (26.01%), Folate: 84.26µg (21.07%), Vitamin A: 956.78IU (19.14%), Vitamin E: 2.82mg (18.8%), Vitamin K: 18.96µg (18.06%), Calcium: 162.08mg (16.21%), Magnesium: 61.57mg (15.39%), Copper: 0.29mg (14.45%), Fiber: 3.56g (14.23%), Vitamin B5: 1.03mg (10.31%)