

Ashley's Meal Prep Monday!

Sloppy Joes

INGREDIENTS

1 lb ground beef *I used venison*

1 cup unsweetened ketchup

½ cup water

1 TBSP dried minced onion

¼ TSP lemon juice

8 large dates turned into date paste, or use 1-2

TBSP coconut sugar

1 TSP coconut aminos

1 TSP white wine vinegar

½ TSP mustard

Make date paste: combine 8 dates in ½ cup hot water, pressed down to ensure they're soaking. Then add to food processor or blender and blend for :30 seconds at a time until smooth consistency. This can keep in the fridge for a couple of weeks, you'll only need 1-2 TBSP of this so you'll have extra.

Brown meat in large saucepan. While meat is browning, whisk together ketchup, water, minced onion, coconut aminos, lemon juice, vinegar and mustard in a medium bowl. Add to meat once it's browned.

Simmer uncovered for 20 minutes, stirring occasionally until sauce thickens. Serve on buns for sliders, sweet potatoes, or make lettuce wraps!



Recipe idea: wholefoodfor7.com

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