SLOPPY JOE BOWLS

INGREDIENTS

Sloppy Joes:

- 1 tbsp olive or avocado oil
- 1 lb grass-fed ground beef
- 1/2 red onion, diced
- 1 tbsp tomato paste
- 2/3 cup tomato or marinara sauce
- 2 cloves garlic, minced
- 1/4 cup coconut aminos
- 1 tbsp Dijon or yellow mustard
- 1 tsp chili powder
- 1/2 tsp sea salt
- 1 tbsp hot sauce
- 1 tsp apple cider vinegar
- 1/4 tsp crushed red pepper

Spaghetti Squash:

- 1 large spaghetti squash

Broccoli

- 1 16 oz package broccoli florets
- 1 tbsp olive oil
- 1/2 tsp sea salt

NUTRITION INFO:

- Calories: 466kcal
- Carbohydrates: 25g
- Protein: 22g
- Fat: 31g
- Sat fat 10g
- Cholesterol: 81mg
- Sodium: 1423mg
- Potassium: 772mg
- Fiber: 5g
- Sugar: 10g



PREPARATION:

Spaghetti Squash

- Preheat oven to 400. Cut a large spaghetti squash in half and scoop out the seeds. Place cut side down on a parchment lined baking sheet and bake at for 35 minutes. Use a fork to remove the spaghetti strands and serve with the Sloppy Joe mixture and broccoli.

Sloppy Joes

- Meanwhile, heat oil in a large skillet over medium heat. Add in onion and garlic. Saute for 5-7 minutes until softened. Add in ground beef and stir until browned and cooked through, approximately 5 minutes. Stir in remaining Sloppy Joe ingredients, and bring to a boil. Reduce heat and simmer until ready to serve.

Roasted Broccoli

- Mix the florets, oil, and salt well with your hands. Spread out evenly on a parchment lined baking sheet and add to the oven when the squash has about 13-14 minutes left. Serve with the Sloppy Joe mixture and squash! Enjoy!

Makes 4 servings.

Reference: www.MarysWholeLife.com