

SLOPPY JOES

Comfort food is typically any food that is reminiscent of wonderful childhood memories or has strong nostalgic or sentimental value. While usually considered a food that is higher in carbohydrates with a high-glycemic effect, it can also be just a traditional American favorite. Sloppy Joes certainly fit that category. Be sure to double this super easy family favorite, because it isn't just good for weight loss! It will also provide easy leftovers for your protein choice during the week. *One recipe equals four servings (if using 80-85% lean grass-fed beef).*





INGREDIENTS

- 1-pound grass-fed ground beef or ground turkey
- 1/2 an onion, chopped
- 1-2 stalks organic celery, chopped
- 1 clove of garlic, minced
- 1/4 cup organic tomato paste
- 3/4 cup alkaline water (can use organic beef broth)
- 2 Tbs. Swerve or 3-4 drops of stevia, or to taste
- 1-1/2 tsp. white distilled or apple cider vinegar
- 1/2 tsp. mustard
- 1/2 tsp. Himalayan sea salt, or to taste
- 1/8 tsp. ground pepper

INSTRUCTIONS

In a large skillet, brown the beef, onion, celery and garlic. Stir in all remaining ingredients. Simmer for 20 minutes on low. Serve in a bowl.

If on the *maintenance* plan, you can enjoy this recipe served over a slice of Genesis Health Solutions Almond Bread recipe.