

RECIPE OF THE WEEK: PALEO EDITION

Paleo Sloppy Joes

Ingredients:

1lb ground beef
2 Tbsp olive oil
1 onion, chopped
1 bell pepper, chopped
1 (28oz) can Diced Tomatoes
1 Tbsp rice vinegar
Juice of ½ lemon
1 tsp sea salt
1 tsp black pepper
1 tsp dry mustard
¼ tsp cumin
2 tsp Fresh Grated Ginger (or 1/8 tsp powdered)
1 tsp garlic powder
3 tsp tomato paste
1 jalapeno, diced (optional)

Instructions:

1. Brown the beef in the oil and transfer to a medium saucepan over medium heat.
2. Add the onion to the beef drippings and sauté until translucent
3. Add onion to the beef.
4. Puree the tomatoes in a food processor, then add the beef and onion.
5. Add vinegar, lemon juice, seasonings, and jalapeno.
6. Bring to a simmer, then add the tomato paste.
7. Turn the heat down to low and allow to cook for 2-3 hours. If you can leave it for longer, even better – the flavor will be even more rich.

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