



Clean Sloppy Joes



ingredients

- 1 pound ground Turkey
- 2 cloves minced garlic
- 1/2 onion, chopped
- 1/2 cup chopped celery (or 1 teaspoon celery salt)
- 1 can tomato paste
- 1 can diced tomatoes
- 1/2 green pepper, chopped
- 1/2 red pepper chopped
- 2 tbsp coconut sugar
- 2 tbsp Worcestershire Sauce
- 1 tbsp mustard powder

instructions

In a sautee pan, warm a tablespoon of olive oil. Cook onions and garlic until fragrant and translucent. Add turkey, mix and cook through until browned. Add remaining ingredients and bring to a boil. Simmer 10-15 minutes to cook celery and peppers through and reduce sauce. Salt and pepper to taste.

Comfy Life, Comfy Wife

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CLEAN EATING COMFORT FOODS FOR YOUR BODY, MIND AND SOUL

