

SLOPPY JOES



DIFFICULTY

EASY



TIME

25 MIN



SERVES

6

INGREDIENTS

2 tbsp. Oil (we prefer avocado oil)
1 lb Ground Turkey, Extra Firm Tofu cut into 1/2 inch cubes, or Grass Fed Ground Beef
1/2 cup finely diced Yellow Onion
1/2 cup finely diced Celery
1/2 cup grated Carrot
1 cup small diced Red or Green Bell Pepper
1/2-1 cup Water
2 cloves of Garlic, minced or 1/2 tsp. Garlic Powder
3 ounces Tomato Paste (1/2 of a 6 ounce can)
7-8 ounces Tomato Sauce (about half a 15 ounce can)
Half a pinch of Ground Cloves
1-2 tbsp. Balsamic Vinegar
1 tbsp. Blackstrap Molasses
1/8 tsp. cayenne Pepper
1/2 tsp. Smoked Paprika
1 tsp. Sea Salt
1/2 tsp. Ground Black Pepper
4 cups Spinach Leaves
1/2 cup finely chopped Parsley Leaves

NUTRITION FACTS PER SERVING

Calories: 312 **Fat:** 15.5g (Saturated Fat: 2.9g) **Carbohydrates:** 24.3g **Fiber:** 7.7g **Sugar:** 11.3g **Protein:** 25.5g

DIRECTIONS

1. Over medium-high heat, heat 1 tbsp. of the oil in a large sauté pan
2. Sauté the turkey, beef or tofu until browned and cooked through
3. Remove from the pan
4. Add the remaining oil. Add the onions, celery, carrots and bell pepper and cook for 2 minutes. Splash in 1-2 Tbsp of water to steam and soften the vegetables
5. When vegetable are softened, add the garlic and cook for a minute
6. Add the tomato paste and cook for a minute or two
7. Add the tomato sauce and all of the other ingredients with the exception of the spinach and parsley. Cook, while stirring, another 5 minutes
8. Just before serving, add the spinach and parsley and stir just until the spinach is wilted.



CALIFORNIA SCHOOLS
VEBA

Leslie Myers | Executive Foodie | VEBA Resource Center