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Marjie's Sloppy Joes

Ingredients:

- 1 lb hamburger, ground turkey, or ground pork
- 1 onion chopped
- 2 – 3 stalks of celery chopped (optional)
- 1 green pepper chopped (optional)
- 1 – 2 cloves of garlic crushed
- 2 teas chili powder
- 1 teas cumin
- 1 tbsp molasses
- 1 – 2 tbsp raw apple cider vinegar
- 1 – 2 tbsp brown sugar
- 1 – 2 splashes of Frank's hot sauce
- 1 – 2 drops of smoke flavoring
- 1 small can of tomato sauce
- Sea salt to taste

Directions:

1. Begin browning the meat on medium heat in a large frying pan. Break it up into small pieces as you stir.
2. Add in onion, celery, green pepper, and garlic (for fussy eaters chopped the vegetables very fine, maybe even puree them in a food processor).
3. Add in remaining ingredients and stir.
4. Place lid on pan and allow to simmer for 20 minutes.
5. Spices can be adjusted for taste.
6. Enjoy as is or on hamburger buns.
7. Pickles and mustard are a great addition.