

SCD Sloppy Joe

SCD entrée staple



Ingredients:

1 Tbsp Olive oil
1 pound Lean ground beef or turkey
1 Onion (medium, chopped)
2 Garlic cloves, minced
½ tsp Thyme, dried (2 tsp fresh)
½ tsp Sage, dried (1 tsp fresh)
1 tsp Paprika
1 pinch Cayenne pepper
½ cup SCD Ketchup (or 3 med tomatoes cooked with salt & herbs)
 Salt & Pepper to taste

Directions:

- 1.) Sauté diced onions with some olive oil. Reserve in a bowl.
- 2.) Brown meat until $\frac{3}{4}$ cooked. Drain.
- 3.) Add onions, garlic, thyme, sage, paprika, and cayenne. Stir to combine.
- 4.) Add ketchup. Season with salt and pepper.
- 5.) Stir thoroughly and simmer 30 minutes until most of the juices are reduced.

Notes / Suggestions:

- 1.) Double the recipe and freeze $\frac{1}{2}$.