

Sloppy Joes

Ingredients:

- 2-3 lbs ground meat (*hamburger, turkey, venison or whatever you have*)
- 1 onion, finely chopped (*optional*)
- 1 bell pepper, finely chopped (*optional*)
- 2-3 stalks celery, finely chopped (*optional*)
- 1/2 c. frozen okra, finely chopped (*optional*)
- 1/2 c. mushrooms, finely chopped (*optional*)
- 6 oz tomato paste
- 8 oz tomato sauce
- 3/4 c. water
- 3-4 T. yellow mustard
- 1 t. salt (*we like to use [mineral salt](#) or [Lawry's garlic salt](#)*)
- 1/2 t. garlic powder, *it not using garlic salt*
- 1 t. chili powder or [Creole seasoning](#)
- 1 T. sugar (*I have been using [Stevia](#) or [Monkfruit](#) in place of the sugar*)
- a sprinkle of [Turmeric](#), (*optional*)
- 2 T. [nutritional yeast](#), (*optional*)
- sliced cheese, (*optional*)
- Buns

Directions:

Brown the meat in a large skillet and drain, if needed.

Add the veggies to the meat in the skillet and saute until tender.

Add the remaining ingredients, *other than the sliced cheese and buns*, stirring well.

Cover and simmer for about 10-15 minutes.

Add the remaining ingredients, stir well, and simmer for 10-15 minutes.

Serve on buns with cheese, if desired.

Very good with [Cole Slaw](#) and [French Fries](#).