

Healthy Bites

with

Bridgette



Healthier Sloppy Joes

Makes 4 servings

(can be doubled for 8 servings or to freeze)

Ingredient List:

- Extra virgin olive oil
- 1 red or white onion
- 1 red bell pepper
- ¾ cup shredded carrot
- 2 garlic cloves
- 1 lb lean ground meat
- ½ cup ketchup
- ¼ cup low sugar BBQ sauce
- 1 Tbsp apple cider vinegar
- 1 tsp mustard
- Whole grain buns
- Toppings: Jalapeno slices, pickles, cheese, spinach (optional)