

Dr. Jenn's Sloppy Joes

What you will need:

- 1-pound lean ground beef
- ¼ cup chopped onion
- ¼ cup chopped green bell pepper
- ½ teaspoon garlic powder
- 1 tsp. prepared yellow mustard
- ¼ cup Organicville ketchup (Agave Syrup)
- ½ cup tomato paste
- 3 tsp brown sugar
- Salt to taste
- Ground black pepper to taste

What to do:

- In a medium skillet over medium heat, brown the ground beef, onion, and green pepper; drain off the liquid.
- Stir in the garlic powder, mustard, ketchup, tomato paste, and brown sugar. Reduce heat and simmer for 30 minutes. Season with salt and pepper to taste.

Enjoy!