

# Healthy Sloppy Joes

Prep time: 15 mins | Cook time: 4 hours

Servings: 8 | Yields: 8 cups

## INGREDIENTS

2 lbs lean ground beef

½ cup TVP

1 onion, diced

2 cups frozen spaghetti mix vegetables

(peppers, onion, celery, carrot)

1 small can tomato paste

1 tbsp garlic powder

¼ cup BBQ sauce

Salt and pepper to taste

## METHOD

1. Add all ingredients into your slow cooker. Cook on high for 4-5 hours, or until meat is fully cooked.
2. Mix and serve on whole grain bun with homemade coleslaw topping.

*\*Recipe can also be made with a large pot and a lid on the stove (see video for these instructions).*

