



SLOPPY JOE BEEF & LETTUCE WRAPS

INGREDIENTS

2 Servings

- 7 oz ground beef
- 1/2 tsp cayenne pepper; double if you like really spicy
- 3/4 tsp salt
- 1/2 cup white onion minced
- 2 tbsp green onion minced
- 2/3 cup celery minced
- 2 tsp garlic minced
- 1/2 tbsp white vinegar
- 2 tbsp tomato paste
- 2 cups butter lettuce leaves
- 4 oz button mushrooms minced (optional)
- 1/4 cup red bell pepper minced (optional)

INSTRUCTIONS

- Be sure to chop all the vegetables really fine, using a chopper or food processor.
- Heat a large skillet over medium-high heat. Add meat to the skillet, breaking it up as it cooks. Season with cayenne pepper. Cook until meat browns.
- Add onion, green onion, celery, and garlic (for AP option add mushrooms and red bell pepper). Reduce heat to medium. Add white vinegar and cook for 5 minutes.

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INSTRUCTIONS CONTINUED

- Add tomato paste, stirring to combine well. Cover and reduce to a simmer. Cook for an additional 5 minutes. Serve approximately 1/3 cup of the sloppy joe mixture on each leaf of butter lettuce. Three lettuce leaf wraps per serving.

RECIPE NOTES

Double or triple the batch for the week! You can easily make the sloppy joe mixture ahead of time and freeze in individual servings in freezer bags.

Recipe found at www.hcgchicarecipes.com