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## **Slim Sloppy Joes**

### **INGREDIENTS**

1 pound organic lean ground chicken  
1 medium onion, chopped  
1 medium bell pepper, chopped  
½ cup carrots chopped  
2 cups spinach leaves, chopped  
2 tbsp olive oil  
1 small can tomato paste (6 oz)  
1 tbsp maple syrup  
1 tbsp mustard (I used yellow, but feel free to try others!)  
1 tbsp apple cider vinegar  
1 tsp cayenne pepper  
salt and pepper to taste, as desired

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### **PREPARATION**

- 1** Place olive oil in a pot, and add chopped onions. Cook on the stovetop over medium heat with constant stirring until onions are clear and begin to brown.
- 2** Add carrots, followed by bell peppers, and stir up so each is cooked a bit (about 5 minutes total).
- 3** Add chicken meat to pot, stirring consistently until it becomes opaque and begins to brown (about 6-8 minutes).
- 4** Stir in spinach.
- 5** Add tomato paste, mustard, vinegar, and cayenne pepper. Continue to stir until mixture thickens a bit (about 5 minutes).

- 6 Add salt and pepper to taste, if desired.
- 7 Place on toasted Barely Bread rolls with a few slices of bell pepper. ENJOY!

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