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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

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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