

Veg'ed-Up! Sloppy Joes

Turn this hearty comfort food into a veggie-packed meal!

Ingredients:

- 1 T olive oil, vegetable oil, lard, or other fat
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1 pound ground beef
- 1/2 bag frozen spinach, defrosted and chopped
- 1/2 cup canned mushrooms (or 1 c fresh)
- 1 large can crushed tomatoes
- 2 T taco seasoning
- 1 t dry mustard or 1 T yellow mustard
- salt & pepper to taste
- hamburger buns
- optional seasoning: garlic, jalapeno pepper, crushed red pepper flakes, hot sauce

Method:

- Sautee onion and peppers in oil for five minutes in a large skillet.
- Add ground beef and cook until browned.
- Drain grease if necessary.
- Add spinach, mushrooms, tomatoes, and seasoning. Stir to combine.
- Serve on open-faced buns with a slice of melted cheese (optional) and garnish with slaw, pickles, chips, or fries.

Variations:

- Gluten free options include serving as a lettuce wrap, on a bed of greens, or in a half avocado!

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