

## Imperfectly Happy Homesteading's Kick Your Butt Sloppy Joes

- Extra Virgin Olive Oil
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- 2 pounds ground beef (grass fed is best)
- (2) 8 ounces organic tomato sauce
- 1 cup organic ketchup (try to skip the corn syrup and other crud)
- 1/2 cup brown sugar
- 3 tablespoons Worcestershire sauce
- 2 teaspoons Dijon mustard
- 1/4 - 1/2 teaspoon of red pepper flakes
- 2 teaspoons of chili powder
- 2 teaspoons of Cholula Hot Sauce (optional)
- Salt and Pepper to Taste
- Buns

### Prepare Your Sauce

- In a bowl mix together your tomato sauce, ketchup, brown sugar, Worcestershire sauce, Dijon mustard, red pepper flakes, chili powder and hot sauce.
- Be sure you get this mixed well so all the ingredients are well incorporated.
- Now set aside to prepare your meat.

### Prepare Your Meat

- Turn your burner to a medium heat and put your large pot or Dutch Oven on.
- Add some extra virgin olive oil to it (couple teaspoons) and sauté your chopped onion until it is almost translucent.
- Add your minced garlic into the onions and continue sautéing until the brown slightly.
- Add your ground beef and cook fully (no pink). Be sure to use your spatula to break up the meat as you turn it.
- Drain grease.

### Now Let's Make it Kick Your Butt Sloppy Joe's!

- Put your meat back on the burner and pour your sloppy joe sauce over it. Mix well but gently, then allow it to simmer 5-10 minutes to warm and allow the flavors to fully develop.
- Taste and salt and pepper as desired.
- Serve on hamburger buns

Great sides: fries (or tater tots), coleslaw, baked beans or even a crisp salad.

Serves 6-8 depending on portion size