



# Keto Sloppy Joes

The easy dinner recipe was a staple in my house growing up! We just switched out some of the ingredients from our family recipe to make a Keto version. Even the kids liked it! Serve it with a side salad or roasted brussel sprouts!

We served it as an open faced sandwich on our Chaffle White Bread (make it with the griddle or waffle maker). Delicious!

## Recipe:

Brown:

- 1 lb Ground Beef
- ½ C Diced Green Pepper
- ½ C Diced Onion
- 3 Cloves Garlic

Add in:

- 8 oz Tomato Paste
- ¾ C Beef Broth
- 1 tsp Worcestershire Sauce
- 1.5 T Dijon Mustard
- 1.5 T Monkfruit Golden or Swerve Brown
- 1 tsp Chili Powder
- Salt and Pepper to taste

Saute for about 10 minutes and serve either plain or on a white bread chaffle!



## The Keto Dad Tips and Tricks:

- Eat it plain like chili, or on a chaffle. Adding the chaffle increases the calories, making the meal more filling!
- Top with Cheddar Cheese for a little extra!
- Freezes and reheats great.
- Most of the carbs are in the tomato paste. To reduce the carbs, reduce the amount of tomato paste or use a sugar free marinara instead.

Serving size: 4 servings (quarter pound each)

Calories: 286, Fat: 17g, Carbs: 8g, Fiber: 1g, (Net Carbs 7) Protein: 23g

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