



# HEALTHY CROCKPOT SLOPPY JOES

GLUTEN-FREE • OIL-FREE • MINERAL-RICH

## Sunday Chef: Healthy Crockpot Sloppy Joes

Comfort food made clean — gluten-free, oil-free, and mineral-rich!

### Hey Wellness Chef,

Looking for a hearty, family-friendly dinner that practically cooks itself? This week's Sunday Chef recipe is a lighter, cleaner twist on the classic Sloppy Joe — no refined oils, no gluten, and full of flavor your body (and taste buds) will thank you for.

Slow-cooked with lean beef or turkey, vibrant veggies, and bold spices, this dish nourishes your body while saving you time in the kitchen.

### Ingredients (6 servings)

- 2 lbs lean ground beef or turkey
- 1 small yellow onion, diced
- 1 green pepper, diced
- 1 (6 oz) can tomato paste

- ½ cup ketchup (no added sugar if possible)
- 1 Tbsp chili powder
- 1 tsp garlic powder
- ½ tsp black pepper (or up to 1 tsp if you like a little spice)
- ½ tsp red pepper flakes
- ½ tsp celery seed
- Optional: splash of Bragg's Liquid Aminos or coconut aminos for depth — still gluten-free!

### Directions

- Add all ingredients to your crockpot (no oil needed).
- Stir well and cover.
- Cook on LOW for 6–8 hours or until meat is tender and sauce is thickened.
- Crumble meat, stir, and serve warm on gluten-free buns or over baked sweet potatoes.

### Meal Prep Option

Place all raw ingredients into a freezer bag, remove air, label, and freeze. When ready to cook, thaw overnight, then add straight to your crockpot and cook as directed.

### Wellness Upgrade

Before serving, mix 1–2 ounces of Plant Derived Minerals into a small glass of water and enjoy it alongside your meal. These trace minerals help your body absorb nutrients, balance electrolytes, and support energy from every bite — the perfect complement to this mineral-rich, whole-food recipe.

### Want a Sandwich?

If you'd like to turn your Sloppy Joes into a sandwich, try our customer-favorite Gluten-Free Bread Recipe — soft, hearty, and 100% oil-free. Visit the link in your email to get the recipe.

### Sunday Takeaway

Healthy living isn't about restriction — it's about restoration. With recipes like this, you're feeding your body clean fuel and keeping comfort on the menu.

Eat well. Live well.

— The Sunday Chef Team