

## Simple Sloppy Joes with Naturally Sweet and Tangy Sauce

The canned sloppy Joe mix that a lot of us grew up on contains 1 1/2 teaspoons (6 g) of added sugar per serving from high fructose corn syrup and sugar. We can do better than that, yes? I created this version that is ready in 30 minutes, and you'll feel a lot better about it, too. The secret natural sweetener is 100% pomegranate juice, which contains antioxidants and no added sugar, adding a balanced pop of sweetness and tartness to recipes. Look for it in the refrigerated section.

2 teaspoons (10 ml) high-heat oil, such as avocado, rice bran, or canola  
1 pound (455 g) (93 percent lean) ground beef  
1 garlic clove  
1/2 small yellow or white onion, quartered  
1/2 large green or red bell pepper, cut into 6 pieces  
3/4 cup (235 ml) 100% pomegranate juice, like POM Wonderful  
1/4 cup (60 ml) beef or chicken bone broth  
1/4 cup (66 g) tomato paste  
1 teaspoon (3 g) chili powder  
1/2 teaspoon smoked or sweet paprika  
1/4 teaspoon salt, or more to taste  
Freshly ground black pepper  
1 teaspoon (5 ml) apple cider vinegar  
Accompaniments: 100% whole-grain buns, lettuce, and pickles

Heat a large skillet on medium-high heat and add the oil. When the oil is shimmering, break the beef into small pieces and into the pan in a single layer. Allow the beef to brown on one side without stirring, about 5 minutes, breaking up pieces with a flat-edged wooden spoon. Stir after the beef is browned on the bottom.

Mince the garlic in a food processor. Add the onion and bell pepper, and pulse until finely chopped. Push the beef to the side of the pan and add the vegetables, cooking until tender on medium-low heat.

When the vegetables are tender, add the pomegranate juice, broth, tomato paste, chili powder, paprika, salt, and pepper. Stir well and simmer for a few minutes to blend the flavors. Stir in the apple cider vinegar. Serve with buns, lettuce, and pickles.

### Recipe Notes

»For the biggest bang for your buck, buy the largest bell peppers because they're typically sold by the piece, not the pound. Slice whatever you don't need in the recipe and munch on as a snack while you cook, or pair with your lunch the next day.

Total prep and cook time: 30 minutes  
Yield: 6 servings, 1/2 cup (100 g) meat

Per serving: 260 calories; 11 g total fat; 4 g saturated fat; 20 g protein; 21 g carbohydrate; 1 g dietary fiber; 63 mg cholesterol