

# Sloppy Joes

**Yield:** 6 serves | **Prep:** 25 min | **Cook:** 15 min

## Ingredients

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- 1 ½ pounds ground chuck
- 1 medium onion diced
- ½ ¾ cup sugar-free ketchup
- 1 tablespoon yellow mustard
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon olive oil (for sautéing)
- 1 ½ tablespoons Lakanto golden



## Instructions

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**1.** Heat olive oil in large pot and sauté onions until tender.

Add ground chuck and brown thoroughly until no pink is remaining.

Drain excess fat from pot.

Add remaining ingredients and adjust for taste.

Allow to simmer for 10-15 minutes.

Serve over low-carb buns or bread.