

# Homemade Sloppy Joes:

- 1 tablespoon extra-virgin olive oil
- 1 1/2 pounds Graham Cattle ground beef
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1 carrot (grated)
- 1 cup ketchup
- 2 tablespoons brown sugar, packed
- 2 tablespoons Dijon mustard
- 1 tablespoon cider vinegar
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon course salt, or to taste
- 1/4 teaspoon freshly ground black pepper
- 6-8 split hamburger buns (or bulkie rolls, lightly toasted)

- 1 Heat the olive oil in a large skillet over medium heat. Crumble the ground beef into the skillet, and cook for about 5 minutes, stirring frequently. Add the onion, celery, and grated carrot. Continue cooking, frequently stirring, until the beef is no longer pink and the onion is tender. Drain and discard excess grease.
- 2 In a small bowl or 2-cup measure, combine the ketchup, brown sugar, mustard, vinegar, Worcestershire sauce, course salt, & pepper. Stir to blend the ingredients.
- 3 Transfer the ground beef and vegetables to a slow cooker. Add the sauce mixture and stir to blend.
- 4 Cover the pot and cook on LOW for 3 to 4 hours.