

Crock Pot Sloppy Joe

Adapted from Foodie With Family

BAH Note: If you don't have at least a 12 inch frying pan to work with I recommend browning the ground beef in batches. I was going to say scale the recipe down by half but these are too good not to make the whole batch and stash some in the freezer. Really. That good. I promise.

- 3 pounds ground beef (I used 2 lbs 90/10 and 1 lb 80/20)
- 1 large onion, chopped
- 1 large red pepper, diced
- 2 carrots, peeled and grated
- 18 ounces tomato paste (that's 3 cans)
- 1/3 cup apple cider vinegar
- 1/3 cup brown sugar
- 1 tablespoon paprika
- 2 teaspoons dry mustard
- 2 teaspoons kosher salt
- 1 tablespoon chili powder
- 1/4 teaspoon hot sauce (optional)

Cook the ground beef in a large frying pan, working in batches if you need to, over medium heat until it is lightly browned (no longer pink). Transfer the ground beef to the insert of your crock pot, straining off and saving the juices and fat from the pan.

Combine the onion, red pepper, carrots, and beef juices in a large microwave safe bowl. Cook on high power for 10 minutes, stirring halfway through.

While the vegetables soften in the microwave, combine the tomato paste, vinegar, sugar, and spices in a bowl. Stir until they are thoroughly combined.

Add the softened vegetables and tomato paste mixture to the crock pot, stir to completely combine all the ingredients, cover, and cook on low for 6 hours.