

Whole30® Sloppy Joes

Whole30® version of those great sandwiches from your childhood. Garnish with green onions.

Recipe by [Marvin Stone](#) | Created on **Mar 8, 2022**

Ingredients

- 1 pound ground beef
- ½ cup chopped onion
- ¾ cup chopped green bell pepper
- 1 ½ tablespoons apple cider vinegar
- 1 tablespoon Dijon mustard
- ½ teaspoon minced garlic
- ½ teaspoon dried parsley
- ½ teaspoon salt
- 5 dates Medjool dates, pitted
- 1 (8 ounce) can tomato sauce
- 1 tablespoon tomato paste
- 4 medium russet potatoes, scrubbed

Directions

- Heat a large skillet over medium-high heat. Cook and stir ground beef and onion in the hot skillet until beef is browned and crumbly, 5 to 7 minutes. Drain and discard grease.
- Reduce the heat to medium and add green pepper, apple cider vinegar, Dijon mustard, garlic, parsley, and salt. Mix well.
- Meanwhile, bring 2/3 cup of water to a boil in a small pot and add the dates. Boil just long enough to soften the dates, 30 to 60 seconds. Remove the dates from the pot. Reserve 2 tablespoons of the cooking liquid.
- Place the dates into a food processor or blender with tomato sauce and tomato paste; blend well.
- Add pureed date mixture plus reserved cooking liquid to the beef.
- Prick a potato several times with a fork or knife. Microwave on High power until soft, 5 to 7 minutes. Repeat with remaining potatoes.
- Serve Sloppy Joe mixture on top of potatoes.

Nutrition Facts

Serving: **4 servings** | Calories: **434.5 kcal** | Carbohydrates: **52.9 g** | Protein: **25.1 g** | Saturated fat: **5.5 g** | Cholesterol: **71 mg** | Sodium: **790.5 mg** | Fiber: **7.3 g** | Sugar: **12.5 g**

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