

# SLOPPY JOE TOSTADA

*Start to finish: 25 minutes*

*Serves: 2*

## INGREDIENTS:

2 tablespoons butter  
1 small onion, diced small  
1 small bottle (4 ounces)  
Chipotle hot sauce  
½ cup brown sugar  
¼ cup soy sauce  
½ cup ketchup  
3 tablespoons apple cider vinegar  
¼ cup tamarind  
Couple dashes of Worcestershire  
2 tablespoons olive oil  
2 pounds grass-fed, local if possible,  
ground beef, bison or pork  
1 bag whole corn tostadas  
1 avocado, peeled and sliced in half  
Salt  
Pepper

## DIRECTIONS:

To make the Sloppy Joe sauce, in a medium size saucepan on medium high heat, melt butter until it gets foamy, about 2 minutes. Add onion

and cook until it becomes soft and translucent, about 5 minutes. Reduce heat to low and add hot sauce, brown sugar, soy sauce, ketchup, apple cider vinegar, tamarind and Worcestershire sauce. Let simmer for a few minutes while stirring occasionally. Season with salt and pepper to your liking, remove from heat and set aside.

In a medium shallow pan over medium heat, add olive oil and ground meat. Stir until brown and fully cooked through, about 10 minutes. Add the Sloppy Joe sauce to cover the meat. Stir until incorporated and heated through, about 2 minutes.

To serve, place a couple tostadas on the plate and spoon the sloppy Joe mix right on top. Finish the tostada with a sliced half avocado. This recipe also works great on some toasted challah buns and with a side of chips and some pickles.