

# Sloppy Joe Recipe



- 1.25 pounds of ground bison
- Manwich (25 ounces)
- 1 tablespoon of Ghee
- 1/2 medium onion (diced)
- 2 cloves of garlic (minced)
- 2 cans of Pork and Beans (19.75 ounces each)
- 1 can of diced tomatoes (14.5 ounces)
- Garam Masala (1 tablespoon)
- Bone Broth (1 tablespoon) optional
- Liquid Smoke (1 tablespoon) optional
- Salt and pepper to taste
- Hamburger Buns
- Optional cheddar cheese, scallions, and sour cream

## Instructions

- Melt the Ghee in an electric skillet
- Sauté the onions and Ghee until lightly cooked
- Add salt, pepper, and bison; cook until lightly browned
- Add the Bone Broth
- Liquid Smoke
- Diced tomatoes
- 1 can of Pork and Beans
- Simmer 5 minutes, no lid
- Add the Garam Masala, stir, and continue to heat on low
- Add the Manwich and the other can of Pork and Beans
- Continue to simmer on low (250 degrees) while stirring occasionally for 30-45 minutes
- Serve on a bun of your choice