

Chipotle and Corn Sloppy Joes

Makes 6 servings

1 tablespoon vegetable oil

1 small onion, finely chopped

1 pound grass-fed ground beef

2 garlic cloves, minced

1 chipotle pepper finely chopped

1 (14oz) can diced tomatoes with the juice

1 heaping tablespoon tomato paste

2 ½ cups corn (fresh or frozen)

1½ teaspoon ground cumin

½ teaspoon ground cinnamon

¼ teaspoon dried oregano

¾ teaspoon salt

Heat the oil in large skillet over medium –high heat. When oil is hot add the onion and cook, stirring occasionally, until translucent, about 2 minutes. Add the ground beef, and cook, breaking it up with a wooden spoon until it is no longer pink, about 5 minutes. Add the garlic, chipotle, tomatoes, tomato paste, corn, cumin, cinnamon, oregano and salt and stir until well blended. Reduce heat to low and simmer until it is thickened and there are no puddles of liquid, 9 to 10 minutes. Taste for seasoning before serving.