

Loose Meat Sandwiches

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- Prep time: 5 minutes
- Cook time: 8-12 hours
- Total time: 8-12 hours



No nuts | No eggs | No milk | No wheat | No soy | No fish | No sesame

Ingredients:

- 2 pounds ground beef
- 1 cup beef broth*
- 1 small onion, finely diced
- 1 teaspoon garlic powder
- Salt and pepper, to taste

Free from the top nine allergens.

Allergy-friendly Substitutions:

- **No beef:** substitute ground turkey and chicken broth

Instructions:

1. Wash hands with soap and warm water. Gather ingredients and supplies.
2. Set 6-quart slow cooker to low. Use fingers to crumble ground beef into small chunks inside the slow cooker. Wash hands after touching raw meat.
3. Add remaining ingredients and stir until completely combined.
4. Cover and cook on low for 1 hour.
5. Uncover and break ground beef into small pieces.
6. Cook on low for 6-10 hours, stirring every 60-90 minutes.
7. To serve, use a slotted spoon to scoop meat onto bun. Top with ketchup, mustard, pickles, or other desired toppings.