

TYLER'S RECIPE | GF • DF • PALEO

## BARBECUE

*Prep: 10 mins*

*Cook: 30 mins*

*Serves: 6-8 ppl*

### INGREDIENTS:

2 lbs ground beef

2 onions-chopped

2 cups celery - chopped

salt & pepper to your liking

1 tbsp mustard

1/4 cup vinegar (I like to use apple cider vinegar)

1/4 cup sweetener

1 c. unsweetened ketchup



## DIRECTIONS:

Cook onions and celery in water covered on stovetop until translucent.

Add ground beef and brown, seasoning with salt and pepper.

Add remaining ingredients to make sauce, cook until thickened.

Enjoy!

