



Heart Failure Warriors Crisp Circuit Meals

Tailored for heart failure-friendly, low-sodium meals with vegetarian options and air fryer friendly ingredients.

Project 002 Part c – Sloppy Joes

Ingredients (serves 4)

- 450g lean ground beef (5% fat or less)
- 1 small onion, finely chopped
- 1 small red bell pepper, finely chopped
- 2 cloves garlic, minced
- 1 tbsp no-salt-added tomato paste
- 1/2 cup no-salt-added tomato passata or crushed tomatoes
- 1 tbsp apple cider vinegar
- 1 tbsp honey or maple syrup
- 1 tsp smoked paprika
- 1/2 tsp mustard powder (or 1 tsp Dijon mustard if tolerated)
- Black pepper to taste
- Optional: pinch of chili flakes for heat

For serving

- Wholemeal or low-sodium burger buns
- Optional: shredded lettuce, sliced tomato, or pickles (low-sodium)

Directions

1. In a non-stick pan, cook the beef over medium heat until browned. Drain any excess fat.
2. Add onion, pepper, and garlic. Cook for 5–7 mins until softened.
3. Stir in tomato paste, passata, vinegar, honey, paprika, mustard, and pepper. Simmer for 10–15 mins until thickened.
4. Spoon onto toasted buns. Add optional toppings for crunch and freshness.

Tel: +44 (0) 7355 695734 / +44 (0) 7355 695735

Email: info@heartfailurewarriorsni.com

