

Sweet & Tangy Sloppy Joes

A quick weeknight classic — rich tomato-beef filling with a sweet brown sugar and tangy vinegar kick, piled onto toasted buns.

10 min

PREP TIME

20 min

COOK TIME

6

SERVINGS

Ingredients

For the Sloppy Joes

1 tbsp	olive oil
1 lb	ground beef (80/20)
1	small yellow onion, diced
1	green bell pepper, diced
3	garlic cloves, minced
¾ cup	ketchup
2 tbsp	tomato paste
3 tbsp	brown sugar, packed
2 tbsp	apple cider vinegar
1 tbsp	Worcestershire sauce
1 tsp	yellow mustard
1 tsp	chili powder
½ tsp	smoked paprika
½ cup	water or beef broth
½ tsp	kosher salt
¼ tsp	black pepper
6	hamburger buns, toasted

MAKE AHEAD & FREEZE

The filling keeps refrigerated for up to 3 days or frozen for up to 3 months. Reheat gently on the stovetop before serving.

Instructions

- Sauté the vegetables**
Heat the olive oil in a large skillet or Dutch oven over medium heat. Add the onion and bell pepper, and cook until softened, about 4–5 minutes.
- Add the garlic**
Stir in the minced garlic and cook until fragrant, about 30 seconds.
- Brown the beef**
Add the ground beef to the skillet, breaking it up with a spoon. Cook until no longer pink, about 6–8 minutes, then drain excess fat.
- Build the sauce**
Stir in the ketchup, tomato paste, brown sugar, vinegar, Worcestershire sauce, mustard, chili powder, paprika, and water (or broth). Mix well to combine.
- Simmer**
Reduce heat to low and simmer uncovered, stirring occasionally, until thickened, about 10–12 minutes.
- Season and serve**
Season with salt and pepper to taste. Spoon generously onto toasted buns and serve warm.

Tip: For extra tang, stir in a splash more vinegar right before serving.