



Homemade Sloppy Joe's

Makes: 4-6 servings

Prep Time: 25 minutes Cook Time: 20 minutes

Total Time: 45 minutes

Ingredients

- 1 & 1/4 pounds 90% lean ground beef
- 1/2 tsp baking soda
- 2 tbsp unsalted butter, plus more for buns
- 1 medium yellow onion, finely diced
- 1 small red bell pepper, finely diced
- 3 cloves garlic, roughly chopped
- 3/4 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 & 1/2 tsp smoked paprika
- 3/4 tsp ground cumin
- 1/2 tsp dried oregano
- 3/4 tsp dry mustard
- 1 (14-oz) can tomato sauce
- 2 tbsp tomato paste
- 1 tbsp Worcestershire Sauce
- 1/2 tsp hot pepper sauce, such as Tabasco or Frank's, or to taste
- Hamburger buns

Instructions

In a medium bowl, using your hands, mash the beef with the baking soda. Let it sit on the counter for 20 to 25 minutes to tenderize.

Preheat the oven to 350°F and set a rack in the middle position.

Heat the butter in a large skillet over medium heat until bubbling. Add the onion, bell pepper, and garlic and cook, stirring frequently, until softened, 4 to 6 minutes.

Add the beef, salt, pepper, smoked paprika, cumin, oregano, and dry mustard and cook, breaking up meat with wooden spoon, until mostly brown, about 3 minutes. Add the tomato sauce, tomato paste, Worcestershire sauce, and hot sauce. Reduce the heat and simmer, uncovered, until the sauce is thickened, about 10 minutes.

Meanwhile, butter the inside of the buns and place on a baking sheet, butter side up. Toast in the oven until warmed through and lightly crispy, about 5 minutes.

Taste the sloppy Joe mixture and adjust seasonings. (If you like your Sloppy Joes sweet, feel free to add 1 teaspoon of brown sugar.) Spoon the mixture onto the toasted hamburger buns and serve.

Freezer-Friendly Instructions:

The meat mixture can be frozen for up to 3 months and reheated in the microwave or on the stovetop until hot.

Recipe by Once Upon a Chef