The Best Sloppy Joes

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Recipe by: Laura Vitale

Serves 6

Prep Time: 15 minutes
Cook Time: 40 minutes

Ingredients
__1lb Ground Beef (85/15)
__2 Tbsp Olive Oil
__1 Small Yellow Onion, finely diced
__1/2 Green Bell Pepper, finely diced
__3 Cloves Garlic, minced
__1 Tbsp Tomato Paste
__1/2 cup Tomato Sauce
__1/2 cup Ketchup
__1/4 cup of Water
__1 tsp Worcestershire Sauce
__1 Tbsp Yellow Mustard
__2 1/2 Tbsp Brown Sugar
__1/2 tsp Chili Powder
__Salt and Pepper, to taste
__6 Potato Hamburger Buns
__Softened Butter, for toasting the buns



1) In a large skillet over medium-high heat, add the olive oil and ground beef. Break the beef apart with a wooden spoon and allow it to develop some nice golden brown color. Cook until nicely browned, about 6 to 8 minutes.

2) Reduce the heat to medium, add the onion and bell pepper, season with salt and pepper and cook for about 5 to 6 minutes until softened and lightly golden, add the garlic and cook for another 30 seconds.

3) Add the tomato paste and chili powder, stir constantly for about a minute or two, allowing the tomato paste to darken slightly and develop a deeper, richer flavor.

4) Add the tomato sauce, ketchup, Worcestershire, mustard, water and brown sugar, stir everything together really well, scraping up any browned bits from the bottom of the skillet, bring the mixture to a gentle simmer, reduce the heat to medium low and cook uncovered for about 15 to 20 minutes, stirring occasionally, until the sauce is thick, glossy and coats the beef beautifully. If the mixture gets too thick, add a splash of water to loosen it.

6) Taste and adjust the seasoning, add a touch more brown sugar if you prefer a sweeter Sloppy Joe, or a splash of apple cider vinegar if you want more tang.

7) Butter the cut sides of the buns and toast them in a hot skillet until golden, pile the Sloppy Joe mixture generously onto the bottom buns, top with the other half and serve immediately.