AMERICAN

Sloppy Joes

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**6**	**10 min**	**30 min**	**Simmer**	**Ground beef**

Ingredients

- 700 g (1½ lb) ground beef
- 1 tbsp vegetable oil
- 1 onion, finely chopped
- 1 green bell pepper, finely chopped
- 3 cloves garlic, minced
- 120 g (½ cup) ketchup
- 120 g (½ cup) tomato sauce
- 2 tbsp tomato paste
- 2 tbsp brown sugar
- 1 tbsp Worcestershire sauce
- 1 tbsp yellow mustard
- 1 tbsp apple cider vinegar
- 1 tsp chilli powder
- 1 tsp smoked paprika
- ¾ tsp salt, ½ tsp pepper
- 6 hamburger buns, toasted
- Pickles and cheese slices, to serve

Steps

1. Heat the oil in a large deep skillet over medium heat. Add the onion and pepper and cook for 6 minutes, stirring, until soft.
2. Stir in the garlic for 1 minute.
3. Raise the heat to medium-high, add the beef, and break it up into small crumbs. Cook for 8 minutes, until no pink remains and the pieces start to brown. Tilt the pan and spoon off excess fat.
4. Add the ketchup, tomato sauce, tomato paste, sugar, Worcestershire, mustard, vinegar, chilli powder, paprika, salt and pepper. Stir well.
5. Bring to a bubble, then lower the heat and simmer uncovered for 15 to 20 minutes, stirring every few minutes, until the sauce is thick enough that a spoon leaves a trail. The beef must reach 71°C (160°F).
6. Taste and adjust with more vinegar for tang or sugar for sweetness.
7. Toast the buns cut-side down in a dry skillet over medium heat for 1 to 2 minutes until golden.
8. Pile the filling onto the buns and top with pickles or cheese. Serve with napkins.

Notes

- **Make ahead:** the filling is even better the next day and freezes for 3 months.
- **Serving:** it also works over baked potatoes or rice.
- **Heat:** add a pinch of cayenne or a dash of hot sauce if you like a kick.
- **Shortcut:** use frozen chopped onion and pepper.