

Sloppy Joes

Makes 6 sloppy joes (8 if on small buns)

Prep and Cook Time 30 minutes

Ingredients

- 1-2 tsp Extra Virgin Olive Oil
- 1 Tbsp salted butter
- 1 pound of ground beef (don't get the lean beef, or it will come out too crumbly)
- Mince 1/3 of a large green bell pepper, a half of a yellow onion, and 3 cloves of garlic
- 1 Tbsp of tomato paste
- 2/3 cup of ketchup
- 1/3 cup of water
- 1 Tbsp of brown sugar
- 1 tsp yellow mustard
- 3/4 tsp chili powder
- 1/2 tsp Worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp red pepper flakes (optional)
- 1 Stick of celery, finely diced (optional)
- Dash of Louisiana hot sauce (optional)
- Dill pickle chips, onion slices, cheese (optional)

Instructions

- Heat up the butter and oil over med high heat and brown the beef breaking it apart into crumbles as it cooks.
- Once brown, completely drain the beef in a colander and leave in the colander while you soften the vegetables.
- Add the onion, bell pepper and celery (see note) to the skillet and cook 2-3 minutes until soft, add the garlic and cook for a minute until fragrant. Note: celery can be added with tomato paste if you like a little crunch.

- Add the beef back in and stir in the tomato paste (and celery).
- Add ketchup, water, brown sugar, mustard, chili powder, W sauce, salt, pepper, and red pepper flakes. Stir to combine well.
- Turn heat down to medium or medium low for 10-15 minutes until mixture has thickened to desired consistency.
- Remove from heat and serve on buns with dill pickle chips, sliced onion, and cheese.
- If freezing, cool the mixture completely before transferring to freezer safe container. Good in the freezer for up to 4 months.