

Healthy Homemade Sloppy Joes

6 servings 20 minutes

Packed with simple and whole ingredients,

Ingredients

- 1 Tbsp olive oil
- 1 small onion, finely diced
- 1 lb. ground beef
- 15 oz tomato sauce
- 1/3 cup maple syrup
- 1 Tbsp apple cider vinegar
- 1 1/2 Tbsp Worcestershire sauce
- 1 Tbsp sriracha *(or other hot sauce)*
- 1 tsp salt
- 1/2 tsp pepper

Directions

1. Place oil in skillet over medium high heat.
2. Add diced onion to skillet and saute until translucent.
3. Add ground beef to skillet. Break meat apart as it cooks and brown.
4. Drain any excess or unwanted fat off of the browned meat.
5. Meanwhile, in a bowl, stir together tomato sauce, maple syrup, vinegar, Worcestershire, hot sauce, salt and pepper until combined.
6. Pour sauce mixture over browned meat and turn heat to medium. Gently stir and allow sloppy joe mixture to come up to a simmer.
7. Remove from heat and serve generous portions on sandwich buns or bread.

Notes

-Be sure to use a large enough skillet that your ground beef has room to actually brown. Overcrowding a small skillet will cause the meat to steam and will lack the flavor of nicely browned meat.

-The hot sauce adds a subtle kick, but can definitely be increased or omitted to your preference.

-These sloppy joes are great served on grilled hamburger buns with coleslaw or dill pickles.