

Bite Spoon

Irresistible French Onion Beef Sloppy Joes

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 2 large yellow onions, thinly sliced
- [ ] 2 tbsp butter
- [ ] 1 cup beef broth
- [ ] 2 tbsp Worcestershire sauce
- [ ] 1 tbsp red wine vinegar
- [ ] 1 tsp brown sugar
- [ ] Salt and pepper to taste
- [ ] 4 soft sandwich buns

Optional Toppings

- [ ] Shredded cheddar cheese
- [ ] Fresh thyme leaves

Instructions

1. Heat butter in a large skillet over medium-low heat; add the sliced onions and a pinch of salt, stirring occasionally until they turn a deep amber, about 12-15 minutes.
2. Push the onions to the side, increase heat to medium-high, and add the ground beef. Break it up and brown, letting it develop a nice crust, about 5-6 minutes.
3. Stir in Worcestershire sauce, red wine vinegar, brown sugar, and beef broth. Let the mixture simmer gently, reducing the liquid until it thickens and coats the meat, roughly 7-8 minutes.
4. Season with salt and pepper, then spoon the hearty mixture onto toasted buns. Top with cheddar or thyme if desired, and serve warm.

Nutrition per serving

420 kcal	28 g	32 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce thickens too quickly, add a splash more broth.
- For extra depth, a tiny pinch of smoked paprika works wonders.
- Let the onions caramelize slowly; rushing can cause bitterness.