

# Sloppy Joe's

---

*Savory, tangy-sweet ground meat simmered with tomato, Worcestershire, and spices, piled onto toasted buns for a classic, messy weeknight favorite.*

## Ingredients

---

- 1 lb ground beef (or ground venison)
- 2 tbsp olive oil
- 1 medium yellow onion (chopped)
- 1 tbsp tomato paste
- 3 cloves garlic (minced)
- to taste Meat Church Holy Cow BBQ Rub
- 1 cup tomato sauce
- 1/3 cup ketchup
- 1 tbsp Worcestershire sauce
- 1 tbsp apple cider vinegar
- 1 tbsp brown sugar

## Instructions

---

1. Add the olive oil to a heavy pan over medium heat.
2. Cook the onion until translucent.
3. Add the garlic and tomato paste; cook until fragrant, about 2–3 minutes.
4. Stir in the ground meat and season with Meat Church Holy Cow. Cook until browned, about 6–7 minutes.
5. Reduce the heat to low.
6. Stir in the Worcestershire sauce, tomato sauce, ketchup, apple cider vinegar, and brown sugar.
7. Simmer until slightly thickened, then set aside to cool slightly.
8. Toast the buns in butter or mayo, then let them cool to create a barrier for the mixture.
9. Scoop the sloppy joe mixture onto the toasted buns.
10. Serve and enjoy.

---

**Tags: Beef, American, Sandwich, Weeknight, Comfort Food, Budget Friendly**

---

Recipe saved with Recipio - recipio.app