

Easy Sloppy Joes

Some dinners are just meant to be easy, and sloppy joes are one of those meals that always comes through on a busy night.

This version uses ground beef, peppers, onions, and a simple homemade sauce for a quick dinner that feels a little more homemade without being complicated. It is also a great recipe to make after Chicken Fajita Quesadillas if you have leftover peppers and onions already prepped in the fridge.

No peppers and onions prepped? Frozen peppers and onions work great as a shortcut too.

Easy Sloppy Joes

Prep Time: 10 minutes

Cook Time: 15–20 minutes

Serves: 4–6

Ingredients

- 1 lb ground beef
- ½ cup diced onion
- ½ cup diced bell pepper
- ½ cup ketchup
- 1 tablespoon Worcestershire sauce
- 1 tablespoon brown sugar
- 1 tablespoon yellow mustard
- ½ teaspoon garlic powder
- Salt and pepper, to taste
- 4–6 hamburger buns

Directions

1. Heat a large skillet over medium heat. Add the ground beef and cook until browned, breaking it apart as it cooks.
2. Add the diced onion and bell pepper. Cook for a few minutes, until the veggies start to soften.
3. Drain any extra grease if needed.
4. Stir in the ketchup, Worcestershire sauce, brown sugar, mustard, garlic powder, salt, and pepper.
5. Let the mixture simmer for 5–10 minutes, stirring occasionally, until the sauce thickens and everything is heated through.
6. Spoon onto hamburger buns and serve warm.

Melanie's Mealtime Tip

If you made the Chicken Fajita Quesadillas last week and prepped extra peppers and onions, this is a perfect way to use them up.

You can also use frozen peppers and onions as an easy shortcut. Add them right to the skillet with the ground beef and let them cook until softened.

Melanie's Favorite Shortcuts

Frozen Peppers & Onions

No time to chop? Frozen peppers and onions are a great shortcut for this recipe. They add flavor without adding extra prep.

Mix 'N Chop

The Mix 'N Chop makes it easy to break up ground beef as it cooks, which is perfect for sloppy joes.

Food Chopper

If you are using fresh onion or bell pepper, the Food Chopper helps get small, even pieces quickly.

Prep Once, Use Twice

Slice or dice extra peppers and onions when you are already prepping them for another meal. Store the extras in the fridge so they are ready for sloppy joes, omelets, wraps, quesadillas, or sausage and peppers later in the week.

Easy Swaps

Want it a little sweeter? Add an extra teaspoon of brown sugar.

Want it a little tangier? Add an extra splash of Worcestershire sauce or mustard.

No buns? Serve the sloppy joe mixture over baked potatoes, rice, fries, or even tortilla chips for a quick dinner twist.

Want to stretch it further? Add a can of drained black beans or pinto beans to the meat mixture.

What to Serve With Sloppy Joes

Our favorite side for sloppy joes is simple: potato chips. It keeps dinner easy, adds the perfect crunch, and means one less thing to cook.

A few other easy sides that work well:

- Pickles
- Fruit
- Salad
- Coleslaw
- Veggie sticks
- Corn on the cob
- Tater tots or fries

This is definitely one of those meals where the side can be as simple as opening a bag of chips and calling dinner done.

Why I Love This for Busy Nights

Sloppy joes are one of those dinners that do not need to be fancy to be helpful. They are quick, filling, and easy to make with simple ingredients.

And when you already have peppers and onions prepped, dinner feels even easier.