

EXPLORE SLOPPY JOES

The Sloppy Joe sandwich is an American classic. In the 1930s, families were looking for ways to make their food stretch to feed more people, and Sloppy Joes became the answer to the dilemma. Inexpensive ground meat combined with a tomato sauce and fillers like onion could feed a large family, especially when it was served on a bun.

There are several versions of the origins of the Sloppy Joe sandwich. One story is told by someone in Key West, FL, who went to “Sloppy Joes” in Havana and then created their own restaurant loose meat sandwich. The sandwich could also have originated in Sioux City, Iowa, where a cook named Joe made these loose meat sandwiches.

Regardless of where it started, the Sloppy Joe, with its tangy and sweet sauce, has stood the test of time in the U.S. Depending on the region of the United States, and it is also known by other names. For example, in areas of Minnesota, the sandwich is called Sloppy Janes. In Rhode Island, a Sloppy Joe is called a Dynamite, it’s called a Taven in Iowa, and a Slushburger in the Upper Midwest and North Dakota. Other names include barbecues, Manwich, spoonburgers, steamers, yum yums, and wimpies.

Just like the many names for Sloppy Joes, you’ll also find all sorts of variations on the recipe around the country. The south leans towards a barbecue flavor, while the sandwich has a little sweeter taste in the north. People can make any variations they like to their sloppy Joe, just make sure it stays messy!

Experiment with swapping spices, add vegetables, change out the hamburger bun, or use various ground meats. Try making your sauce less sweet, or alter the flavor by substituting the brown sugar out for honey, molasses, or a sugar substitute. You can make Sloppy Joes in a slow cooker, electric pressure cooker, or a large skillet. Like many classic dishes, the Sloppy Joe is open to infinite variations. The versatility makes it an excellent basic recipe to have in your repertoire.

The nutritional value of a Sloppy Joe often depends on the quality of its ingredients. In general, a serving of Sloppy Joe mixture (the meat and the sauce) will be around 250 calories. A serving is generally a half cup of the beef and sauce mixture. There are two methods of reducing the fat and calories of a Sloppy Joe. The first method is using high-grade ground beef that offers a low percentage of fat. Secondly, replacing a standard white bun with a 100% whole grain alternative can increase nutrition from a Sloppy Joe meal.

There here are many options to balance your plate. Some choices could be tossed green salad, pasta salad, potato salad, fresh or canned fruit, cheese slices, sliced tomatoes, or pickles. Other options could be cooked vegetables, including broccoli, corn, green beans, vegetable medley, zucchini, french fries, or onion rings.

Homemade Sloppy Joes are simple and fast, which makes them a perfect weeknight dinner recipe. Pile the spiced tomato sauce ground meat between a soft hamburger bun for a delicious meal. With just a few simple ingredients, you can have this comforting sandwich on the dinner table in minutes.

Sloppy Joes

Servings: 4-6

Ingredients:

1 pound ground beef
1 cup ketchup
¼ cup water
2 Tablespoons brown sugar
2 teaspoons Worcestershire sauce
1 teaspoon ground mustard
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon salt
1 package hamburger buns

Instructions:

In a large skillet, brown the ground beef until no longer pink; drain the fat.

Stir in ketchup, water, brown sugar, Worcestershire, and seasonings. Bring to a boil.

Reduce heat and cover; simmer for 15 minutes.

(Sources: <https://www.beefitswhatsfordinner.com>; [foodimentary.com](https://www.foodimentary.com); [pinterest.com](https://www.pinterest.com); Wikipedia)