

Slow Cooker Sloppy Joes

From scratch sloppy joe recipe for your slow cooker.

Prep Time	Cook Time	Total Time
15 mins	2 hrs	2 hrs 15 mins

Course: Main Course Cuisine: American Keyword: sloppy joes
Servings: 4 Calories: 314kcal Author: Sarah Olson



★★★★★
5 from 4 votes

Equipment

- Slow Cooker - 3 quart or larger

Ingredients

- 1 lb. ground beef I use 7% fat though any will work
- 1 yellow onion diced
- 1 green or red bell pepper diced
- 1 cup ketchup
- 8 oz. can tomato sauce (NOT PASTE)
- 2 Tbsp. mustard
- 1 tsp. apple cider vinegar
- 1 tsp. Worcestershire sauce
- 3/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. chili powder
- 1 Tbsp. brown sugar

Instructions

1. Set a large skillet on the stovetop and set to medium-high heat. When the pan is hot, add the ground beef, onion and bell pepper. Brown and crumble the beef. Drain your meat if your ground beef is overly fatty.
2. Add the beef, onion and bell pepper to the slow cooker. Add remaining ingredients.
3. Stir. Place the lid on the slow cooker.
4. Cook on HIGH for 2 hours or LOW for 3. Keep an eye on the meat mixture and stir if it looks as it's starting to burn around the edges.
5. Toast buns and pile the Sloppy Joe meat on top. Top with cheese and pickles if desired.

Notes

Nutritional values do not include the buns or any toppings.

Tips for the best sloppy joes:

- Toast your buns! Use the bagel button on your toaster which will toast just one side of your bun. Or put your buns under the broiler in the oven.

- Add toppings such as cheese, pickles or raw chopped onion.
- Give your meal a great side dish, we often do oven fries but also love fruit or carrots sticks instead.

Can I use ground turkey or chicken instead of beef?

You can use ground turkey or chicken for Sloppy Joes but beware the flavor will not be the same, the beef and tomato flavor in Sloppy Joes goes hand in hand.

Can I make this vegetarian?

- If you want to make this meal meatless use one pound of meatless crumbles instead of ground beef.
- No need to brown the meatless crumbles, for the crumbles are already cooked. Just add to the slow cooker along with the other ingredients.

Can I double this for a crowd?

- Need to feed more people? You can double this recipe with no problems.
- The cooking time remains the same.

Nutrition

Calories: 314kcal | Carbohydrates: 26g | Protein: 25g | Fat: 12g | Saturated Fat: 5g | Cholesterol: 74mg | Sodium: 1378mg | Potassium: 801mg | Fiber: 2g | Sugar: 20g | Vitamin A: 645IU | Vitamin C: 8mg | Calcium: 44mg | Iron: 4mg

Slow Cooker Sloppy Joes <https://www.themagicalslowcooker.com/slow-cooker-sloppy-joes/>