

Choco Fever Dream

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

- [ ] 2 large yellow onions, thinly sliced
- [ ] 1 lb ground beef (80% lean)
- [ ] 2 tbsp olive oil
- [ ] 1/2 cup beef broth
- [ ] 2 tbsp tomato paste
- [ ] 1 tsp balsamic vinegar
- [ ] 1 tsp brown sugar
- [ ] 1 tsp dried thyme
- [ ] Salt and pepper to taste
- [ ] 4 sturdy sandwich buns

Instructions

1. Heat olive oil in a large skillet over medium heat; add the sliced onions and a pinch of salt, then cook, stirring occasionally, until they turn deep golden and fragrant, about 12-15 minutes.
2. Push the onions to the side, increase heat to medium-high, add the ground beef, breaking it up with a spatula, and brown it until no pink remains, about 5-7 minutes.
3. Stir in tomato paste, balsamic vinegar, brown sugar, thyme, and a splash of beef broth; scrape up any browned bits, then let the mixture simmer gently, reducing the liquid until the sauce thickens, about 5 minutes.
4. Season with salt and pepper, taste, and adjust sweetness or tang as needed. Meanwhile, split the buns and toast lightly on a grill or in a pan.
5. Spoon the hot onion-beef mixture onto each toasted bun, serve immediately, and enjoy the sweet-savory melt.

Nutrition per serving

420 kcal	25 g	35 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thick, add an extra splash of broth.
- For extra depth, deglaze the pan with a touch of red wine after browning the beef.
- Let the mixture rest a couple of minutes before serving to let flavors meld.