

Plate Dream

French Onion Beef Sloppy Joes – Easy Comfort Food

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 2 large yellow onions, thinly sliced
- [ ] 2 tbsp butter
- [ ] 1/2 cup beef broth
- [ ] 2 tbsp Worcestershire sauce
- [ ] 1 tbsp balsamic vinegar
- [ ] 1 tsp dried thyme
- [ ] Salt and pepper to taste
- [ ] 4 soft sandwich buns

Instructions

1. In a large skillet, melt butter over medium-low heat and add the sliced onions. Cook gently, stirring occasionally, until they turn deep golden and sweet, about 12-15 minutes.
2. Push the caramelized onions to the side, increase heat to medium, and add the ground beef. Break it up and brown, seasoning with salt, pepper, and thyme. cheesy ground beef is a great reference for flavor balance.
3. Stir the onions back into the meat, pour in beef broth, Worcestershire, and balsamic. Simmer gently, letting the sauce reduce and coat the beef, about 5-7 minutes.
4. While the mixture simmers, split the buns and toast them lightly in the oven or on a grill. Spoon the hot beef-onion mixture onto the bottom halves, cover with the tops, and serve warm.
5. For extra inspiration, check out this dip sliders recipe to see how similar flavors can shine in a different format.

Nutrition per serving

420 kcal	28 g	35 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks thin, let it simmer a few minutes longer to thicken.
- Taste and adjust seasoning before serving; a pinch of sugar can balance extra acidity.
- For a smoky twist, add a dash of smoked paprika during the browning stage.