

DINNER

My Sloppy Joes

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	4	\$2.39	511 kcal



My Sloppy Joes requires approximately 30 minutes from start to finish. This main course has 511 calories, 40g of protein, and 33g of fat per serving. For \$2.39 per serving, this recipe covers 23% of your daily requirements of vitamins and minerals. This recipe serves 4.

Ingredients

- ☐ ½ cup finely chopped carrot
- ☐ ½ cup chili sauce
- ☐ ½ cup finely chopped green bell pepper
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon onion salt
- ☐ ½ cup finely chopped celery
- ☐ 10¾ ounce chicken gumbo soup
canned
- ☐ 1 pound ground beef
- ☐ ½ onion, finely chopped
- ☐ 1 tablespoon prepared yellow mustard

EQUIPMENT Frying pan

Method

- 1

Heat olive oil in a large skillet over medium heat. Cook and stir beef in the hot oil until browned and crumbly, 5 to 7 minutes; drain and discard grease. Return skillet to heat.
- 2

Stir onion, bell pepper, celery, and carrot into the ground beef; cook and stir until the vegetables are tender, 5 to 7 minutes; add chicken gumbo soup, chili sauce, yellow mustard, and onion salt. Reduce heat to medium-low, stir beef mixture, and simmer until the sauce thickens, about 5 minutes.

Nutrition per serving			
	511	40 g	33 g
	KCAL	PROTEIN	FAT
			12 g
			CARBS
Saturated Fat			11 g · 68% of daily needs
Fibre			2.2 g · 9% of daily needs
Sugar			6.6 g · 7% of daily needs
Sodium			1,545 mg · 67% of daily needs
Cholesterol			119 mg · 40% of daily needs
Vitamin C			22.8 mg · 28% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/my-sloppy-joes-148307