

MEALTIME HELPER

MAKING MEALTIME EASY

Sloppy Joes - Shopping List

- **Protein**

- 1 lb (450 g) ground beef (or ground turkey/chicken)

- **Produce**

- 1 medium onion

- 1 green bell pepper (optional)

- 2–3 garlic cloves

- Optional toppings: pickles, sliced red onion, parsley, coleslaw ingredients (cabbage, carrot)

- **Pantry & Condiments**

- 1/2 cup (120 ml) ketchup

- 2 tbsp tomato paste

- 2 tbsp brown sugar or maple syrup

- 1 tbsp Worcestershire sauce

- 1 tbsp yellow mustard (or Dijon)

- 1/2 cup (120 ml) beef or chicken broth (or water)

- 1 tsp smoked paprika (or regular paprika)

- 1/2 tsp chili powder (optional)

- Salt & freshly ground black pepper

- 1 tbsp olive oil (optional, for cooking)

- **Bread & Dairy**

- 6 hamburger buns (or slider buns)

- Optional: shredded cheddar cheese

- **Optional finishing/serving**

- Apple cider vinegar or pickle juice (for tang)

- Chips, fries, or salad (for serving)

Notes:

- Swap brown sugar for maple syrup for a different sweetness profile.
- Quantities for optional toppings depend on preference—adjust as needed.