

# Sloppy Joes Recipe – only 3 ingredients!



This Sloppy Joes is so easy to make and taste way better than sloppy joes in a can. How to make sloppy joes with ketchup and just two more ingredients.

**Course** Main Course  
**Cuisine** American  
**Keyword** Sloppy Joes Recipe – only 3 ingredients!

**Cook Time** 15 minutes  
**Total Time** 15 minutes

**Servings** 6  
**Calories** 354 kcal  
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## Ingredients

- 1 pound ground beef
- 1/8 cup brown sugar
- 1/8 cup mustard
- 1/2 cup ketchup
- hamburger buns

## Instructions

1. Brown the ground beef in a skillet.
2. Once browned, drain.
3. Add in brown sugar, mustard, and ketchup. Stir to combine.
4. Allow it to simmer on low for about 5 minutes to combine the flavors.
5. Serve on buns and with your favorite sides.

## Recipe Notes

3 ingredients, that is all you need to make a fast sloppy joes for your family. You are going to love this recipe!

Nutrition Facts	
Sloppy Joes Recipe – only 3 ingredients!	
Amount Per Serving	
<b>Calories</b> 354	Calories from Fat 144
<b>% Daily Value*</b>	
<b>Fat</b> 16g	<b>25%</b>
Saturated Fat 6g	<b>38%</b>
<b>Cholesterol</b> 53mg	<b>18%</b>
<b>Sodium</b> 507mg	<b>22%</b>
<b>Potassium</b> 334mg	<b>10%</b>
<b>Carbohydrates</b> 31g	<b>10%</b>
Fiber 1g	<b>4%</b>
Sugar 11g	<b>12%</b>
<b>Protein</b> 17g	<b>34%</b>
<b>Vitamin A</b> 105IU	<b>2%</b>
<b>Vitamin C</b> 1.4mg	<b>2%</b>
<b>Calcium</b> 98mg	<b>10%</b>
<b>Iron</b> 3.1mg	<b>17%</b>
* Percent Daily Values are based on a 2000 calorie diet.	