

Helergon Kitchen

French Onion Beef Sloppy Joes – Easy Weeknight Dinner

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 (80/20)
- [ ] 2 large French onions, thinly sliced
- [ ] 2 tbsp butter
- [ ] 1/4 cup beef broth
- [ ] 2 tbsp Worcestershire sauce
- [ ] 1 tbsp balsamic vinegar
- [ ] 1 tsp brown sugar
- [ ] Salt and pepper to taste
- [ ] 4 soft sandwich buns

Optional Toppings

- [ ] Shredded cheddar cheese
- [ ] Fresh thyme leaves

Instructions

1. Heat butter in a large skillet over medium-low heat, add the sliced onions, and cook gently, stirring occasionally, until they turn a deep golden brown, about 12-15 minutes.
2. Remove half of the onions for garnish, then increase heat to medium and add the ground beef, breaking it up with a spoon; brown in batches to avoid steaming, about 5-7 minutes.
3. Stir in the beef broth, Worcestershire sauce, balsamic vinegar, brown sugar, and a pinch of salt and pepper; let the mixture simmer until the sauce thickens and coats the meat, roughly 5 minutes.
4. Toast the buns lightly, then spoon generous portions of the beef-onion mixture onto each bun, topping with the reserved onions, optional cheese, and a sprinkle of thyme.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce looks too thin, let it reduce a minute longer; it should cling to the meat.
- For extra depth, add a splash of beef sausage broth.
- A quick side of keto onion rings adds crunch without extra carbs.