

Gumbo Sloppy Joes

Yield: 4 to 6 Servings Author: Deep South Dish

Prep Time: 10 Min Cook Time: 20 Min Total Time: 30 Min

*This loose meat spoon burger recipe dates as far back as the 1950s and has been a favorite of many families all those years. It's made with ground beef, onion, a few standard condiments...
and a completely unexpected ingredient!*

INGREDIENTS

- 1 pound ground beef
- 1/2 cup chopped onion
- 2 tablespoons butter, softened
- 1 package hamburger buns or deli rolls
- 1/4 cup ketchup
- 2 teaspoons Creole, Dijon or yellow mustard
- 1 tablespoon Worcestershire Sauce, optional
- 1 teaspoon hot sauce, optional
- 1/8 teaspoon garlic powder
- 1/4 teaspoon freshly cracked black pepper
- 1 (10-1/2 ounce) can condensed chicken gumbo soup (Campbell's brand recommended)

INSTRUCTIONS

1. Cook ground beef and onion in a medium sized skillet over medium heat, until cooked through, mashing meat to desired texture. Drain off any excess fat, if needed and return ground beef to skillet.
2. Meanwhile, heat a separate skillet or a griddle. Spread cut side of the buns with the butter and grill or toast butter side down in the skillet.
3. To the ground beef skillet, add the ketchup, mustard, Worcestershire, hot sauce, garlic powder and pepper; blend.
4. Add the condensed soup and mash into the beef. Bring to a boil.
5. Reduce heat and simmer until heated through and reduced to desired consistency, about 10 minutes, stirring occasionally.
6. Spread the meat mixture over the bottom bun. Top with other half of the toasted buns and serve.

NOTES

Sliced cheese, fresh onion, sliced tomato and shredded lettuce, or other optional toppings may be added to the burgers. May also be served open-faced over toast points.

If you can't find the chicken gumbo soup, it is said that the chicken and rice soup version with a little tomato or tomato sauce added, makes an acceptable substitute. Others have used the chicken alphabet soup as well.