

Spicy Chicken Sloppy Joes That Bring Big Cajun Flavor

Cajun Chicken Sloppy Joes ?



TIME
4 min

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INGREDIENTS

- 1 lb ground chicken
- 1 tbsp olive oil
- 1/2 onion, finely diced
- 1 bell pepper, finely diced (any color)
- 2 cloves garlic, minced
- 1 tbsp Cajun seasoning (store-bought or homemade)
- 1/2 cup tomato sauce
- 2 tbsp ketchup
- 1 tbsp Worcestershire sauce
- 1 tsp brown sugar (optional, to balance spice)
- Salt and pepper, to taste
- 4-6 hamburger buns, toasted

DIRECTIONS

- Sauté the Veggies:** In a skillet, heat olive oil over medium heat. Add diced onion and bell pepper. Sauté for 3-4 minutes, until softened. Add garlic and cook 30 seconds more.
- Brown the Chicken:** Add ground chicken to the skillet. Cook, breaking it up with a spoon, until no longer pink-about 5-7 minutes. Drain any excess moisture if needed.
- Season and Simmer:** Stir in Cajun seasoning, tomato sauce, ketchup, Worcestershire sauce, and brown sugar (if using). Mix well and simmer uncovered for 5-7 minutes until the sauce thickens slightly.
- Taste and Adjust:** Season with salt and pepper to taste. Add a splash of water if the sauce gets too thick.
- Serve:** Spoon the mixture onto toasted buns and serve hot. Optional: top with cheese, pickles, or slaw for added texture.

SWAPS & NOTES

Ground chicken : Swap with turkey or beef if you prefer.

Cajun seasoning : Control the heat by adjusting the amount or using a mild version.

Add-ins : Stir in corn, jalapeños, or hot sauce for extra punch.

Make it cheesy : Top with shredded cheddar or pepper jack.
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