

## This Simple Fried Bologna Sandwich Helped Families Survive Hard Times

It wasn't flashy. It wasn't expensive. But it was dependable.



**TIME**  
**10 min**

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**ChefManiac**

### INGREDIENTS

- 2-4 slices thick-cut bologna
- 2 slices white sandwich bread
- 1 tablespoon butter or mayonnaise (for toasting)
- 1 slice American cheese (optional but recommended)
- Yellow mustard or mayo (optional)

### DIRECTIONS

- 1.** Step 1: Prep the Bologna: Cut a small "X" or single slit in the center of each slice. This keeps it from puffing up in the pan.
- 2.** Step 2: Fry: Heat a skillet over medium heat. No oil needed - bologna has enough fat.
- 3.** Cook each slice 2-3 minutes per side until edges are crispy and caramelized.
- 4.** Step 3: Add Cheese (Optional): Place a slice of American cheese on top during the last minute and let it melt.
- 5.** Step 4: Toast the Bread: Spread butter or mayo on the outside of your bread slices and toast them in the same skillet until golden brown.
- 6.** Step 5: Assemble: Layer fried bologna (and cheese) between toasted bread. Add mustard or mayo if desired.
- 7.** Serve immediately while hot and crispy.

### SWAPS & NOTES

& Easy Variations Thick-cut bologna works best - it crisps beautifully.

Cut a small slit from the center to the edge to prevent curling.

Add cheese during the last minute of cooking for melty goodness.

Swap white bread for Texas toast for a heartier sandwich.

### TIPS FOR SUCCESS

Medium heat is key - too high and it burns quickly.

Don't skip the slit in the bologna.

Press lightly with a spatula for even browning.

For extra crunch, toast the inside of the bread too.

**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/this-simple-fried-bologna-sandwich-helped-families-survive-hard-times/>