



Sloppy Joe Tater-Tot Casserole

Ingredients:

- 1 pound ground beef (grass-fed recommended)
- 1 large yellow onion, finely chopped
- 1 large green bell pepper, finely chopped
- 15 ounces tomato sauce
- ¼ cup ketchup
- 2 tablespoons tomato paste
- 1 tablespoon yellow mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon chili powder
- ½ teaspoon salt (omit if your tomato sauce is already salted, then adjust to taste)
- ½ teaspoon sugar
- ½ teaspoon dried oregano or Italian seasoning
- ⅛ teaspoon black pepper
- 2 pounds frozen tater tots

Directions:

1. Preheat your oven or air fryer to **400°F**.
2. In a large skillet over medium-high heat, brown the ground beef with the chopped onion and green bell pepper. Cook until the beef is fully cooked and crumbly, about **10 minutes**. Drain excess grease if needed.
3. Stir in the tomato sauce, ketchup, tomato paste, mustard, Worcestershire sauce, chili powder, salt, sugar, oregano, and pepper. Mix well to combine.
4. Reduce heat and let the mixture simmer for **5 minutes**.
5. If using a cast-iron skillet, arrange the frozen tater tots in a single layer directly on top of the sloppy joe mixture. Otherwise, transfer the mixture to an oven-safe baking dish and top evenly with the tater tots.
6. Bake uncovered for **25–30 minutes**, or until the tater tots are golden brown and crispy.
7. Serve hot and enjoy a cozy, family-friendly week-night dinner.