Classic Sloppy Joes

2 Tablespoons water

1/2 teaspoon baking soda

1 pound 85% lean ground beef

2 teaspoons vegetable oil

1/2 onion, chopped

2 garlic cloves, minced

2 teaspoons brown sugar

2 teaspoons paprika

1/8 teaspoon red pepper flakes

1/4 cup tomato paste

1/3 cup ketchup

1 Tablespoon red wine vinegar

1 Tablespoon Worcestershire

1/2 teaspoon cornstarch

4 hamburger buns

Combine 1 T. water, salt and baking soda.  Add beef and toss to coat.

Cook onion and 1/8 t. baking soda in skillet over medium heat 3-4 minutes.

Add garlic and cook 30 seconds.  Stir in sugar, paprika, red pepper and 1/8 t. salt.

Add tomato paste cook 3-4 minutes.

Add beef and cook until no longer pink.

Add ketchup, vinegar and Worcestershire.

Combine cornstarch and 1 T. water.  Pour over beef mixture and stir to incorporate.

Cook 1 minute until sauce thickens.  Season with extra sugar, salt and vinegar to taste.

Spoon mixture into buns and serve.