Tempeh Sloppy Joes

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

This recipe features tempeh, a high-protein meat alternative made from soybeans!

About the Recipe

273 Calories · 17.6 g Protein · 6.3 g Fiber
Dinner
Nut-free

You can substitute faux meat crumbles, textured vegetable protein (TVP), or even lentils in this recipe.

Ingredients

Makes 4 Servings

- 1 small onion, chopped
- 1 green bell pepper, seeded and chopped
- 8-oz (227-g) package tempeh, crumbled into small pieces
- 1 c (240 mL) tomato sauce
- 2 tbsp (30 mL) ketchup
- 1 tbsp (15 mL) agave nectar
- 1 tbsp (15 mL) apple cider vinegar
- 1 tbsp (15 mL) vegan Worcestershire sauce
- 2 tsp mustard
- 1/2 tsp (2.5 mL) garlic powder
- 4 whole-grain hamburger buns

Directions

1. Heat 1/2 c (120 mL) water in skillet. Add onion and bell pepper and saute until cooked through.
2. Add an additional 1/2 c (120 mL) water and tempeh. Saute for 5 to 7 minutes, allowing the tempeh to get well-done.
3. Add tomato sauce, ketchup, agave nectar, vinegar, Worcestershire sauce, mustard, and garlic powder and cook for 15 minutes.
4. Serve on buns.
5. Note: If you cannot find vegan Worcestershire sauce, you can use ketchup instead.

Nutrition Facts

Per serving:

Calories: 273

Fat: 7.9 g

Saturated Fat: 1.6 g

Calories From Fat: 24.5%

Cholesterol: 0 mg

Protein: 17.6 g

Carbohydrate: 36.6 g

Sugar: 14.4 g

Fiber: 6.3 g

Sodium: 666 mg

Calcium: 143 mg

Iron: 3.9 mg

Vitamin C: 27.7 mg

Beta-Carotene: 239 mcg

Vitamin E: 1.5 mg