Tempeh Sloppy Joes

Source: Adapted from The Get Healthy, Go Vegan Cookbook by Neal Barnard, M.D.; 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
Nut-free

You can substitute lentils for tempeh in this recipe.

Ingredients

Makes 50 Servings

- 12.5 cup water, divided
- 12-13 small onions onion, chopped
- 12-13 peppers green bell pepper, seeded and chopped
- 6 pounds, 4 ounces tempeh, crumbled into small pieces
- 1 #10 can tomato sauce
- 1.5 cups ketchup
- 3/4 cup agave nectar
- 3/4 cup apple cider vinegar
- 3/4 cup vegan Worcestershire sauce
- 1/2 cup prepared mustard
- 2 tablespoons garlic powder
- 50 buns multigrain hamburger buns

Directions

1. Heat 6 1/4 cups water in a large rondeau. Add onion and bell pepper and sauté until cooked through.

2. Add remaining water and tempeh. Sauté for 10-12 minutes or until the tempeh is browned and well-done.
3. Add tomato sauce, ketchup, agave nectar, vinegar, Worcestershire sauce, mustard, and garlic powder. Cook for 20 minutes or until warmed.
4. Transfer into 2, 2-inch deep hotel pans to hold for service. Keep warm.
5. For service, distribute 1 heaping 2-ounce spoodle of the mixture into each bun.

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
Carbohydrates: 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

NSLP Crediting Information: 1 portion provides: 2 ounces meat/meat alternate equivalent, 2 ounces grain equivalent, 1/4 cup red vegetable, 1/4 cup other vegetable.