

Tempeh Sloppy Joes

Source: 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

Dinner

Nut-free

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

Ingredients

Makes 4 Servings

- water, divided (1 cup)
- onion, chopped (1 small)
- green bell pepper, seeded and chopped (1)
- tempeh, crumbled into small pieces (1 8-ounce package)
- tomato sauce (1 8-ounce can)
- ketchup (2 tablespoons)
- agave nectar (1 tablespoon)
- apple cider vinegar (1 tablespoon)
- vegan Worcestershire sauce (1 tablespoon)
- prepared mustard (2 teaspoons)
- garlic powder (1/2 teaspoon)
- multigrain hamburger buns (4)

Directions

1. Heat 1/2 cup water in skillet. Add onion and bell pepper and sauté until cooked through.
2. Add remaining 1/2 cup water and tempeh. Sauté 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.

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