

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

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