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.