



# VEGETARIAN SLOPPY JOES

## ingredients:

1 Tablespoon olive oil  
1/2 cup diced yellow onion  
1/2 cup diced green pepper  
2 cloves garlic, minced  
1/2 teaspoon chili powder  
1/2 teaspoon ground cumin  
1/2 teaspoon paprika  
1/4 teaspoon black pepper  
1 cup low-sodium vegetable broth  
15-ounce can of no-salt-added tomato sauce

1 cup textured vegetable protein  
1 teaspoon vegan Worcestershire sauce  
1 Tablespoon lower-sodium soy sauce  
2 teaspoons brown sugar  
2 teaspoons yellow mustard  
4 whole-wheat hamburger buns (1.8 ounces each)

Yield: 4 servings

## Nutrition Information Per Serving:

Calories: 288  
Fat: 5 grams  
Saturated fat: 1 gram  
Cholesterol: 0 mg  
Sodium: 443 mg  
Carbohydrates: 42 grams  
Fiber: 11 grams  
Protein: 11 grams  
Calcium: 155 mg

Food exchanges:  
2 starch, 2 vegetable, 1 fat

## directions:

1. Heat olive oil in a medium-sized skillet over medium heat. Add the onion and sauté for 2 to 3 minutes.
2. Add the green pepper and cook another 2 to 3 minutes. Add the garlic, chili powder, cumin, paprika and black pepper and cook another 2 to 3 minutes.
3. Add the vegetable broth, tomato sauce and textured vegetable protein and stir to combine.
4. Cover and cook for 10 minutes or until most of the liquid has been absorbed. Add the Worcestershire sauce, soy sauce, brown sugar and mustard and mix to combine.
5. Cook for another 3 to 4 minutes. Divide evenly onto the four hamburger buns.

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