

# Gardein Sloppy Joes



## PREP TIME

7 mins

## COOK TIME

15 mins

## TOTAL TIME

22 mins



## COURSE

Dinner, Lunch



## SERVINGS

1 sandwich

## CALORIES

399 kcal

## INGREDIENTS

- 1 Tbsp Bell Pepper chopped
- $\frac{3}{4}$  c Gardein Beefless Crumble
- $\frac{1}{4}$  c canned tomato sauce
- $\frac{1}{2}$  Tbsp pickled jalepenos chopped
- $\frac{1}{4}$  tsp onion powder
- $\frac{1}{4}$  tsp garlic powder
- $\frac{1}{4}$  tsp chili powder
- $\frac{1}{4}$  Tbsp dried oregano
- $\frac{1}{4}$  Tbsp vegan worcestershire saice
- $\frac{1}{2}$  Tbsp tomato paste
- to taste salt and pepper
- 1 Ezekiel Burger Bun

## INSTRUCTIONS

1. In a large pan, sauté chopped bell peppers with a little cooking spray for 2 to 3 minutes to soften.

2. Add Gardein Beefless Crumble, tomato sauce, jalapeños, onion powder, garlic powder, chili powder, oregano, vegan Worcestershire sauce, tomato paste, liquid smoke, and salt/pepper, to taste.
3. Cook over medium- high heat for 7 to 10 minutes, until veggies are soft and Beefless Crumbles are warm. The sauce should be thick and fragrant.
4. Spoon sloppy Beyond Beef onto the bottom of the bun and add lettuce, tomatoes or other fixins' as desired. Secure with a toothpick.

## NUTRITION

### Nutrition Facts

Gardein Sloppy Joes

Amount Per Serving

**Calories** 399      Calories from Fat 47

**% Daily Value\***

**Fat** 5.2g      **8%**

**Carbohydrates** 56.9g      **19%**

**Protein** 38.9g      **78%**

\* Percent Daily Values are based on a 2000 calorie diet.



**Tried this recipe?**

Let us know how it was!