

## VEGAN SLOPPY JOES



**SERVES: 6** (approx. ½ cup each) **Prep Time: 10 min. Cooking Time: 11 min.**

CONTAINER EQUIVALENTS (per serving): ½ ½ ½

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**3 cups**      **riced cauliflower**  
**½ cup**      **chopped green bell pepper**  
                  **(approx. ⅔ medium)**  
**1 Tbsp.**     **onion powder**  
**2 tsp.**      **chili powder**  
**1 tsp.**      **garlic powder**  
**½ tsp.**     **sea salt (or Himalayan salt)**  
**1½ cups**    **all-natural tomato sauce**  
**½ cup**      **all-natural ketchup**  
**1 tsp.**      **Dijon mustard**  
**1 Tbsp.**     **olive oil**

1. Combine cauliflower, bell pepper, onion powder, chili powder, garlic powder, and salt in a medium bowl; toss gently to blend. Set aside.
2. Combine tomato sauce, ketchup, and mustard in a medium bowl; mix well. Set aside.
3. Heat oil in large nonstick skillet over high heat until very hot.
4. Add cauliflower mixture; cook, stirring frequently, for 5 minutes, or until golden brown.
5. Add tomato sauce mixture. Reduce heat to medium low; gently boil, covered, for 5 minutes.

### RECIPE NOTE:

Sloppy Joe filling can be served on lettuce wraps, whole wheat buns, or gluten-free buns. Make sure you account for the correct containers.

**NUTRITIONAL INFORMATION (per serving):** Calories: 83 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 885 mg Carbohydrates: 13 g Fiber: 3 g Sugars: 8 g Protein: 2 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Paleo-Friendly and contain no grains or legumes, and only paleo-appropriate starchy vegetables and dairy. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.