

Vegan Sloppy Joes

Perfect vegan sloppy joes for an easy delicious dinner! Packed with meaty flavour for that nostalgic comfort food vibe!

Cook Time
30 mins

Total Time
30 mins

Course: Main Course Cuisine: American Servings: 6
Calories: 376kcal Author: Richard Makin



★★★★★

4.95 from 18 votes

Equipment

- 1 Large Frying Pan

Ingredients

- 30 g vegan butter
- $\frac{3}{4}$ onion peeled and finely chopped
- 4 $\frac{1}{2}$ cloves of garlic peeled and finely minced
- 675 g vegan mince aka vegan ground OR sub for 400g can beluga lentils, drained plus 50g shiitake mushrooms finely chopped
- 4 $\frac{1}{2}$ tbsp dark soy sauce
- 1 $\frac{1}{2}$ tsp marmite or any other yeast extract
- $\frac{3}{4}$ green bell pepper
- 1 $\frac{1}{2}$ tbsp tomato puree aka tomato paste
- 225 ml ketchup
- 300 ml water
- 1 $\frac{1}{2}$ tbsp light brown sugar
- 1 $\frac{1}{2}$ tsp English mustard
- $\frac{3}{4}$ tsp vegan Worcestershire sauce I use Henderson's relish
- $\frac{3}{4}$ tsp fine sea salt
- $\frac{3}{4}$ tsp ground black pepper
- 1 $\frac{1}{2}$ tsp hot sauce
- 1 $\frac{1}{2}$ tbsp vegan gravy granules I use vegan Bisto
- 6 vegan burger buns
- pickles or vegan coleslaw for serving

Instructions

1. Place a large frying pan over medium heat and add the vegan butter. Once melted, add the onion and garlic and fry for 3-5 minutes or until starting to brown.
30 g vegan butter, $\frac{3}{4}$ onion, 4 $\frac{1}{2}$ cloves of garlic
2. Add the vegan mince and use a spatula to break it up in the frying pan. Fry for 2 minutes or until starting to brown then add the dark soy sauce, the marmite and the green pepper. Fry for a further minute or so, to soften the pepper.

675 g vegan mince, 4 ½ tbsp dark soy sauce, 1 ½ tsp marmite, ¾ green bell pepper

3. Add the remaining ingredients except for the burger buns and stir to combine. Cover with a lid and leave to simmer for 15 minutes, stirring occasionally to make sure it's not catching to the bottom of the pan.

1 ½ tbsp tomato puree, 225 ml ketchup, 300 ml water, 1 ½ tbsp light brown sugar,

1 ½ tsp English mustard, ¾ tsp vegan Worcestershire sauce, ¾ tsp fine sea salt,

¾ tsp ground black pepper, 1 ½ tsp hot sauce, 1 ½ tbsp vegan gravy granules

4. Just before serving, slice the burger buns and spread with a little vegan butter then toast in a dry frying pan until golden brown.

6 vegan burger buns

5. Divide the filling between the buns and serve with pickles and vegan coleslaw.

pickles or vegan coleslaw

Nutrition

Calories: 376kcal | Carbohydrates: 48g | Protein: 26g | Fat: 10g | Saturated Fat: 2g |

Polyunsaturated Fat: 5g | Monounsaturated Fat: 3g | Trans Fat: 0.1g | Cholesterol: 0.3mg |

Sodium: 1274mg | Potassium: 486mg | Fiber: 7g | Sugar: 17g | Vitamin A: 465IU | Vitamin C:

17mg | Calcium: 83mg | Iron: 8mg

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