

Vegan Mushroom BBQ Sandwiches



Makes 6 servings

Active time: **50 minutes**

Total time: **50 minutes**

Course: **Lunch**

This vegan sandwich has great barbecue flavor (without the meat!) thanks to earthy mushrooms that soak up the sweet and tangy barbecue sauce. Serve with coleslaw dressed with vegan mayonnaise to complete the meal.

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 large onion
- 2 pounds mushrooms, such as shiitake or baby bella
- $\frac{3}{4}$ cup prepared barbecue sauce
- 2 tablespoons tomato paste
- 1 tablespoon molasses
- $\frac{1}{2}$ teaspoon hot sauce
- $\frac{1}{2}$ teaspoon ground pepper
- $\frac{1}{4}$ teaspoon salt
- 6 whole-wheat hamburger buns, toasted

Preparation

1. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until starting to soften, about 3 minutes. Add mushrooms in batches, cooking and stirring until the mushrooms release their water and most of it is evaporated, about 10 minutes.
2. Meanwhile, whisk barbecue sauce, tomato paste, molasses, hot sauce, pepper and salt in a small bowl. After the mushroom liquid has evaporated, reduce heat to medium and add the sauce. Cook, stirring, until the sauce has thickened, about 5 minutes more. Serve on buns.

Nutrition

Per Serving: 288 calories; 52 g carbohydrates; 8 g fat (1 g sat, g mono); 8 g protein; mg cholesterol; 8 g dietary fiber; 798 mg potassium; 739 mg sodium.

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