



Vegetarian Sloppy Joes

Oscar · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

6

Description

This is a combination of many recipes and experimentation It has gotten the thumbsup from all who have tried it so far It can also be made with TVP ground turkey or even ground beef instead of tempeh

Ingredients

— - ¼ cup vegetable oil - ½ cup minced onion - 2 (8 ounce) packages tempeh - ½ cup minced green bell pepper - 2 cloves garlic

— minced - ¼ cup tomato sauce - 1 tablespoon vegetarian Worcestershire sauce - 1 tablespoon honey - 1 tablespoon blackstrap molasses - ¼ teaspoon cayenne pepper - ¼ teaspoon celery seed - ¼ teaspoon ground cumin - ¼ teaspoon salt - ½ teaspoon ground coriander - ½ teaspoon dried thyme - ½ teaspoon oregano - ½ teaspoon paprika - 1 pinch ground black pepper - hamburger buns

Instructions

1. Heat oil in a deep
2. 10-inch skillet over medium-low heat. Cook the onion in the oil until translucent. Crumble the tempeh into the skillet; cook and stir until golden brown. Add the green pepper and garlic; cook another 2 to 3 minutes. Stir in the tomato sauce
3. Worcestershire sauce
4. honey
5. molasses
6. cayenne pepper
7. celery seed
8. cumin
9. salt
10. coriander
11. thyme
12. oregano
13. paprika
14. and black pepper; stir. Simmer another 10 to 15 minutes. Spoon hot onto hamburger buns to serve.