

## Meatless Sloppy Joes

Serves 4



### Ingredients:

- ½ cup chopped onion
- ½ cup chopped green bell pepper
- 1 tsp minced garlic
- ¾ cup sliced mushrooms
- ½ cup ketchup
- 2/3 cup water
- 2 tbsp light brown sugar
- 1 tbsp prepared mustard
- 1 tsp celery seeds
- ½ tsp chili powder
- ½ cup textured vegetable protein
- Salt and pepper to taste
- 4 whole wheat hamburger buns, toasted

**Procedure:**

- Grease a medium saucepan with olive oil; sauté onion, bell pepper, and garlic until tender, 5 – 8 minutes.
- Stir in mushrooms, ketchup, water, brown sugar, mustard, celery seeds, and chili powder; heat to boiling.
- Stir in vegetable protein; reduce heat and simmer, covered, 10 minutes.
- Season with salt and pepper to taste.
- Spoon sandwich mixture into buns and serve.

**Per serving:**

- Calories: 264
- Protein: 15 gm
- Carbohydrates: 49 gm
- Fat: 3.5 gm