

Cholesterol Free Tempeh Sloppy Joes

By Ruby Lathon, PhD

Ingredients:

- 1 package (8 oz) of plain organic tempeh, crumbled
- 1 16oz bottle organic barbeque sauce
- 1-2 tablespoons vegan Worcestershire sauce
- 1 large yellow onion finely diced
- 1 green pepper very finely diced (best done in food processor)
- 1 carrot, peeled and finely shredded (best done with food processor)
- 4 cloves garlic, minced
- 2 tablespoons stone ground brown mustard
- 2-3 tablespoons cold pressed coconut oil
- 1 tablespoon organic tomato paste
- ½ teaspoon cracked pepper
- 4-6 small whole grain buns



Directions:

1. Heat a large skillet, add 3-4 tablespoons of water
2. Add crumbled tempeh, green peppers, garlic and onions to heated skillet, let brown and caramelize, add more water as needed (about 5-7 minutes).
3. After about 6 minutes when tempeh is almost done add 2-3 tables spoons of coconut oil to help brown, add carrots, cook for another 2-3 minutes.
4. Add barbeque sauce and mustard and let simmer for about 5 minutes
5. Add shredded lettuce on bottom of bun, spoon on tempeh and top with bun top. Enjoy!