

# Vegan Sloppy Joes

(4 servings)



## Ingredients

½ lb vegan ground “meat”

4 hamburger buns

### Sauce:

8 oz tomato sauce

½ cup ketchup

1 Tbsp brown sugar

1 Tbsp yellow mustard

2 Tbsp Worcestershire sauce

1 Tbsp white vinegar

½ tsp salt

¼ tsp pepper

½ tsp garlic powder

½ tsp onion powder

## Utensils

Frying Pan

Olive Oil

Spatula

Pot holders

Mixing bowl



# Recipe Instructions

## Step 1: Prep Pan

Heat frying pan with olive oil on a stove over medium high heat.

## Step 2: Cook “Meat”

Add your meat of choice to pan and stir periodically until meat is browned.

Set cooked meat aside in a bowl.

## Step 3: Sauce

In the same pan you used for the meat, add all sauce ingredients.

Stir and bring to a boil.

Once boiling, lower heat and simmer for 5-7 minutes.

## Step 4: Combine

Once sauce has simmered, pour into bowl with meat. Stir to combine.

## Step 5: Assemble

Toast buns if preferred.

Scoop your desired amount of sloppy joe onto your bun.

## Step 6: Enjoy!

ENJOY!!

If not eating right away, keep buns and meat separate so that your buns do not get soggy.

The meat can be stored in an airtight container in the fridge for 3 days.



Scan this QR code with your phone to view our Easy Eats for Every1 YouTube Channel!

## Kitchen Safety Tips:

Let anyone around you know that you will be using the stove.

Always use a pot holder when touching the handle of the frying pan.