

# Sweet Sloppy Joes with Tempeh

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 25

Serving size: 1 sloppy joe

Ingredients	Quantity	Measure
Water	1 2/3	cups
Vegetables broth	1 2/3	cups
Lentils, dry, rinsed	2 1/3	cups
BBQ Sauce, prepared or from scratch (ingredients listed below)	10	cups
<b>BBQ Sauce – From Scratch</b>		
<i>Vegetable broth, reduced sodium</i>	1 ¾	cups
<i>Onion, yellow or white, small dice</i>	1	cup
<i>Ketchup low sodium</i>	6 ¼	cups
<i>Garlic powder</i>	1	Tbsp.
<i>Brown sugar</i>	1 ½	cups
Tempeh	4 ¼	cups
Hamburger buns, whole grain rich	25	each

## Preparation

1. Prepare lentils: Combine water, vegetable broth and rinsed lentils in a large pot or steam jacketed kettle. Heat on high until lentils have reach a low boil. Reduce heat and simmer, uncovered for 15-20 minutes, until tender.  
\*\*Alternative method: Combine water, vegetable broth and rinsed lentils in a steam table pan and steam approximately 45-60 minutes, until tender. (Lentils can be steamed the day before and kept in the cooler.)
2. Drain remaining liquid from lentils.
3. If preparing barbeque sauce: Simmer vegetable stock and onions over medium heat for five minutes.
4. Add ketchup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently. (Can be made the day before.)
5. Crumble or chop tempeh into small pieces.
6. Add lentils, tempeh, and barbeque sauce and simmer until meal service or at minimum 20 minutes.
7. \*\*For even more robust flavor, allow the sloppy joe mix to simmer for at least one hour.
8. Serve ¼ cup on each hamburger bun.

## Nutrition Information

 \*From USDA Nutrient Database

Calories: 507 Total Fat: 7g Saturated Fat: 1.2g Monounsaturated Fat: 0.9 Polyunsaturated Fat: 1.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 82g Fiber: 8g Total Sugar: 42g Protein: 13g Sodium: 380mg Vitamin A: 0µg Vitamin C: 0.8mg Calcium: 61mg Iron: 2.8mg Folate: 88µg



**THE HUMANE SOCIETY**  
OF THE UNITED STATES