

## Veggie Sloppy Joe

### INGREDIENTS:

1	8 oz can no-salt-added tomato sauce
½ C	ketchup
1 ½ T	Worcestershire sauce
1 t	prepared yellow mustard
½ t	dry mustard
1 t	molasses
1	clove garlic, finely minced
¼ t	fresh grated orange peel
	Pinch ground cloves
	Hot pepper sauce, to taste
1 lb	veggie burger
½	small onion, finely chopped
6	whole wheat hamburger buns, toasted if desired

### DIRECTIONS:

In a saucepan over low heat, combine sauce ingredients. Mix well and simmer while preparing veggie burger. Next, heat a heavy, nonstick skillet, at least 10 inches in diameter, over medium high heat. Add ground veggie burger and sauté, stirring occasionally, 4-5 minutes. Pour contents of pan into a colander lined with paper towels and drain liquid out. Add onion to pan and sauté, stirring frequently, about 5 minutes or until translucent. Return veggie burger meat to pan and add sauce. Heat 3 minutes, stirring occasionally. Add additional hot pepper sauce, if desired. Spoon ½ C mixture over bun. Serve immediately.

Makes 6 servings  
Calories: 294/serving

### NUTRITIONAL INFORMATION PER SERVING:

16g protein  
42g carbohydrates  
7g fat  
912mg sodium  
4mg cholesterol  
6g fiber