

Sloppy Saint Joes

Serves 4

Some archeologists believe Saint Joseph was an Essene. The Essenes were a sect of Jewish vegetarians. My sloppy Joes are made with tempeh and not meat - and so I named them Sloppy Saint Joes.

Tempeh is a vegan food made from fermented soybeans rich in protein and nutrients. But I have to be honest...for me it was not love at first bite. I found tempeh had an unfamiliar, peculiar taste and off-putting, pasty texture. But Rouxbe Cooking School changed all that - it opened up a whole new world of plant food wonder...***I can't believe just how delicious tempeh can be!*** It's all about love and building flavor.

My plant based Sloppy Saint Joes are delicious served from the skillet but even better the next day so you can make the filling ahead. They are perfect for introducing family and friends to a healthy plant based meal or for a simple workday lunch. Take note: if you plan to take it to work, better prepare a little extra - your co-workers will definitely be bumming nibbles.

Ingredients

Tempeh

1-teaspoon liquid smoke

1-teaspoon olive oil

2 teaspoons Montreal Seasoning

1 tablespoon Nama Shoyu

1-tablespoon agave

1-tablespoon vinegar

1onion diced

1 celery rib diced

2 bell peppers diced

2 tablespoons tomato paste

1 -14.5-ounce can diced tomatoes drained

1/4 teaspoon granulated garlic

1/8-teaspoon ground cinnamon

Directions

Put tempeh in a pot with liquid smoke and enough water to cover. Simmer with lid on over medium heat for 20 minutes. Remove tempeh from pot and cool to warm or room temperature. Cut into large chunks and pulse in food processor until the coarsely ground.

Heat skillet over medium heat. Add olive oil, tempeh, Montreal Seasoning, and agave. Blend, cook and stir for 3 minutes to allow tempeh to absorb flavor. Add onion, celery and bell pepper - cook until veggies become soft, 5-10 minutes, stirring occasionally. Stir in tomato paste, diced canned tomatoes, granulated garlic and

cinnamon. Cook and stir for 5 more minutes. Serve on your favorite bun (plain or toasted) topped with thinly sliced pickles, pickled banana peppers or pickled jalapenos, thin slices of cucumber and your favorite slaw.