

Vegetarian Sloppy Joes

Preparation time **10 minutes**

Cooking time **35 minutes**

Servings **4**

Cost per serving **\$1.89**

Storage **The filling will keep in the fridge for 3 days or can be frozen. Spoon the filling over the buns immediately before serving.**

Kitchen tools **Measuring cups and spoons, cutting board, vegetable peeler, sharp knife, large pot, can opener, colander, wooden spoon**



Ingredients



15 ml (1 tbsp)
canola oil



1 large or 2 small
yellow onions,
peeled and
chopped

*OR DICED SQUASH
OR CARROTS*



1 small **sweet potato**,
peeled and diced
into small pieces



3 **garlic**
cloves, peeled
and minced



15 ml (1 tbsp)
ground cumin



15 ml (1 tbsp)
chili powder



Salt, pepper
and **Tabasco-style**
hot sauce, to taste



1 can (796 ml)
crushed
tomatoes



250 ml
(1 cup)
water



12 **frozen spinach**
nuggets
(about 500 ml/2 cups)

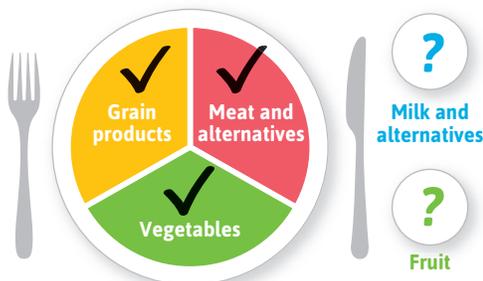


1 can (540 ml)
black beans, drained
and rinsed



4 **hamburger**
buns

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Balanced plate

Serve with:

? A fruit

? A glass of milk or fortified soy beverage

Directions

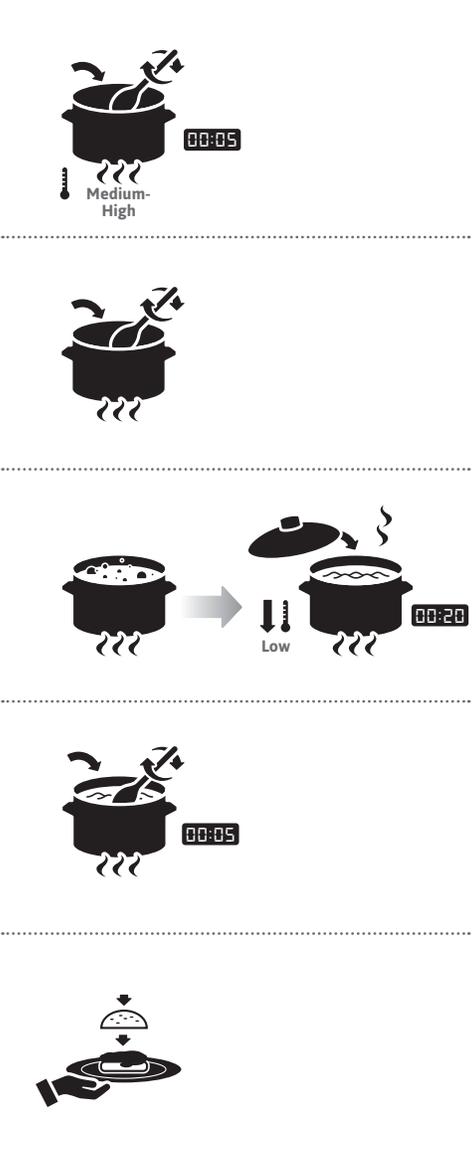
- 1 Heat the **oil** in a large pot over medium-high heat. Add the **onions** and **sweet potatoes** and cook for about 5 minutes.

- 2 Add the **garlic, ground cumin, chili powder, salt, pepper, hot sauce, crushed tomatoes, water** and **frozen spinach**. Mix.

- 3 Bring to a boil, then reduce heat to low. Cover, leaving a small space for steam to escape. Simmer for about 1 hour or until the sweet potatoes are soft.
Tip: Use the cooking time to prepare your side dishes.

- 4 Add the **black beans**, stir and cook for 5 minutes.

- 5 Spoon the **black bean mixture** over one half of each **hamburger bun** and cover with the other half before serving.
Tips:
 - Serve on toasted buns for a change of texture.
 - It's best to eat Sloppy Joes with a fork because the filling tends to spill.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition