

## 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)

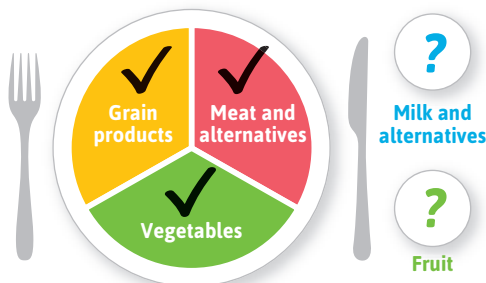


1 can (540 ml)  
**black beans**, drained  
and rinsed



4 **hamburger**  
**buns**

Illustrations © Québec Amérique. All rights reserved (ikonet.com)



### 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.

---

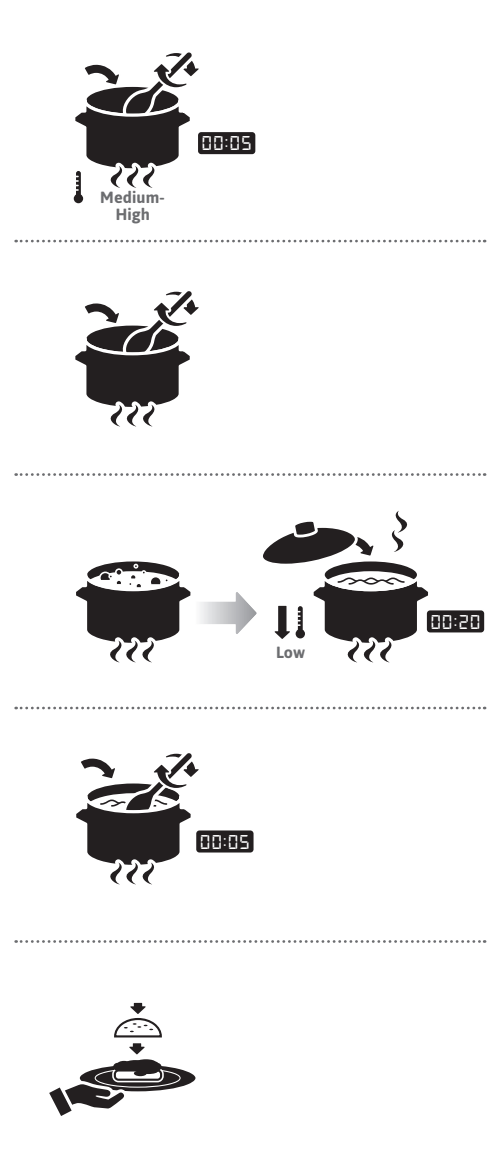
- 3 Bring to a boil, then reduce heat to low. Cover, leaving a small space for steam to escape. Simmer for about 1 hour or until the sweet potatoes are soft.  
**Tip:** Use the cooking time to prepare your side dishes.

---

- 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