

## Vegan Sloppy Joes



### Ingredients:

1 onion, diced  
1 green pepper, diced  
1 ½ cup TVP (textured vegetable protein)  
1 ½ cup boiling water  
1 can organic tomato sauce  
2 Tbsp tomato paste  
1/4 cup ketchup  
2 Tbsp chili powder  
1 Tbsp yellow mustard  
1 Tbsp molasses (optional)  
1 Tbsp Bragg's liquid aminos or tamari  
1 Tbsp brown sugar, cane sugar or agave  
1/2 tsp garlic powder or 2 fresh garlic cloves, minced  
1/2 tsp paprika  
Pinch of cayenne (optional)  
Salt and pepper to taste

### Directions:

Sauté the onion and green pepper in water until onion is translucent. Add rest of the ingredients and simmer 20 minutes. Serve on whole wheat buns.