

## METABOLIC NUTRITION PROGRAM

### Spicy Vegan Sloppy Joes

Adapted from Food Network Kitchens

Servings Per Recipe: 6 Serving Size: 1 cup  
Per Serving: 380 Calories, 3 gm Protein, 82 gm  
Carbohydrate

1/2 pound cremini mushrooms, halved  
1/2 pound yucca, cut into chunks  
1 tablespoon extra-virgin olive oil  
1 large sweet onion, diced  
1 3/4 cups vegetable broth  
Kosher salt  
1/3 cup shredded carrots  
1 small green bell pepper, seeded and diced  
Freshly ground black pepper  
1/2 teaspoon chipotle chili powder  
1/4 cup ketchup  
3 tablespoons tomato paste  
12 slices low protein bread  
Shredded red cabbage or lettuce, pickled jalapeno and  
scallions, for serving, optional

#### Directions

1. Bring 1 quart of water to a boil. Add yucca and cook for 25-30 minutes until tender. Drain off water.
2. Pulse the yucca and mushrooms in batches in a food processor until finely chopped. Set aside.
3. Heat the oil in a large nonstick skillet over medium-high heat. Add the onions, 1 tablespoon vegetable broth and 1/4 teaspoon salt and cook, stirring frequently, until the onions are lightly browned, about 5 minutes. Add the carrots and peppers and cook, stirring occasionally, until the peppers are crisp-tender, about 3 minutes. Add the mushroom-yucca mixture, 3/4 teaspoon black pepper and chipotle powder and cook, stirring frequently, until the mushrooms are just cooked through, about 5 minutes.
4. Add the remaining vegetable broth, the ketchup, tomato paste and 1/8 teaspoon salt and cook while stirring until the sauce is the consistency that you like, about 2 minutes.
5. Spoon the mixture onto bread. Serve with toppings if desired.

Note: Chili powder and black pepper can be omitted for children who are sensitive to spices.

<b>Nutrition Facts</b>	
Serving Size 1 cup (319g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 380	<b>Calories from Fat</b> 100
% Daily Value*	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 82g	<b>27%</b>
Dietary Fiber 16g	<b>64%</b>
Sugars 15g	
<b>Protein</b> 3g	
Vitamin A 25%	• Vitamin C 35%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	