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.