

Sloppy Joes

A tasty plant-based twist on the classic messy sandwich featuring cracked bulgur and no ketchup.



Ingredients

- 1 onion, finely diced
- ½ green pepper, finely diced
- ½ yellow or red bell pepper, finely diced
- 2 Tbsp minced garlic
- ¼ cup maple syrup
- 2 Tbsp Worcestershire sauce
- 1 Tbsp brown mustard
- 1 Tbsp molasses
- 1 tsp apple cider vinegar
- ½ - 1 tsp siracha (I use 1 tsp)
- 1 Tbsp chili powder
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 Tbsp smoked paprika
- 1 tsp liquid smoke
- ½ tsp black pepper
- ¼ tsp celery seed
- 1/8 tsp cloves
- 1/8 tsp cinnamon
- 3 cups vegetable broth
- 1 cup cracked bulgur
- 1 6 oz can tomato paste
- Salt to taste (optional)
- 8 hamburger buns

Instructions

1. In an Instant Pot, sauté onions and peppers for about 3 minutes.
2. Add in minced garlic and sauté 1-2 more minutes.
3. Add all the remaining ingredients, except the tomato paste, buns, and salt (if using).
4. Stir until well combined.
5. Place the lid on the Instant Pot and ensure the seal knob is turned to sealing.
6. Set the Instant Pot for 5 minutes on High pressure and allow to naturally release when complete (about 15 minutes).
7. Remove the lid and stir in the tomato paste. The sloppy joe mixture should be thick.
8. Serve on hamburger buns.

Notes

- Adjust the siracha for spiciness, maple syrup for sweetness, and salt to heighten flavors.
- If you are vegetarian or vegan, be sure to review the ingredients on the Worcestershire sauce bottle. Lord Sandy's vegetarian Worcestershire sauce is available at our local grocery store and is what we use.
- This sloppy joe sauce is also good on baked potatoes, baked fries, carrot dogs, or tortilla chips.