

Recipe

Vegetarian Sloppy Joes Sandwich

By

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Ingredients & Preparation

- ½ cup frozen edamame (green soy beans)
- ¾ cup cooked black beans
- ½ cup barbecue sauce (recipe below)
- 1/8 tsp salt
- 1 tsp olive oil
- 4 big hamburger buns
- 4-6 slices of Swiss cheese (or cheese of your preference)
- 1 ½ cups mixed green (salad)
- Dash of hing
- 1/8 tsp pepper

Homemade Barbecue Sauce:

First part-Ketchup (makes about 1 cup):

1 cup of chopped tomatoes

1/8 cup water

¼ tsp salt

1/8 tsp pepper,

1/8 tsp cumin

1/8 tsp cinnamon

1/8 cup brown sugar

1 tbsp cider vinegar

½ tsp hot sauce or ¼ tsp chili flakes

½ tsp pepper

Second-part BBQ sauce:

1 cup ketchup

1-2 tbsp molasses

2 tbsp lemon juice

Dash of hing

1 tsp olive oil

Preparation

To make barbecue sauce, first you need to make ketchup. In the blender, add tomatoes, water, brown sugar, salt, cumin, cinnamon and cider vinegar. Blend all ingredients well. Heat oil in a small pot, add molasses, lemon juice, hing, hot sauce or chili flakes, pepper and ketchup. Bring it to a boil and lower the heat and simmer for 15 minutes. Stir frequently.

Bring a pot of water to a boil. Add edamame and cook for 8 minutes. Drain.

In the blender or good food process, add cooked edamame, black beans, cilantro, 1 tbsp barbecue sauce, salt, pepper, and hing. Process until mixture forms coarse paste.

Heat oil in saucepan over medium heat. Add bean mixture, and heat until hot. Stir frequently.

Spoon 1 tbsp barbecue sauce onto each bottom bun. Top with bean mixture, cheese, and greens.

***You may use this as a tasty sandwich spread or cracker topper.

Serves

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