

Go For Green® Color and Sodium Level: Green; Moderate

SLOPPY JOES (VEGAN) ON BUN

Yield 100 Portions

Temp 350°F (177°C)

Each Portion ½ cup and ¾ cup brown rice

Time 30 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Cholesterol	Calcium	Fiber
260 cal	42.67 g	18.42 g	15.67 g	3.73 g	.55 g	736 mg	0 mg	457 mg	8.02 g

Ingredients

Weight

Measure

Approx. Issue

PLANT BASED (VEGAN) HAMBURGER
 HAMBURGER BUN WHOLE GRAIN, 4 IN
 VEGETABLE STOCK, PREPARED
 ONION, DICED
 CATSUP, PREPARED
 GARLIC POWDER
 LIGHT BROWN SUGAR
 OIL, CANOLA

12lb 8oz

100 each
 40 ozs
 2 ¼ cups
 2 ½ quarts
 2 tbsp
 3½ cup
 ½ cup

Methods

- In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- Prepare the sauce:
 - Simmer vegetable stock and onions over medium heat for 5 minutes.
 - Add catsup, garlic powder and brown sugar.
 - Simmer 15-20 minutes, stirring frequently.
- In a steam-jacketed kettle or stock pot, heat oil and sauté Plant Based meat for 8-10 minutes or completely browned. CCP heat product to 160F
- Add prepared or scratch made sauce and simmer 2 hours at 150F.
- CP: Hold for hot service at 135°F (57°C) or higher.
- CCP: Reheat leftovers to 165°F or higher.

Serving

- Scoop ½ cup Sloppy Joe mixture on bottom half of the whole grain hamburger bun and top with the topside bun.
- Alternate Serving: Serve over ¾ cup of rice. See T-000-00.

Notes

- Alternative cooking procedure: Can substitute 1 gallon of plant based BBQ sauce (no honey, no Worcestershire sauce, no animal products) and omit step 2, omitting the vegetable stock, onion, catsup, garlic powder and brown sugar.
- Alternative cooking procedure: Plant Based meat can be broken up into smaller pieces and placed into an oiled 4” hotel pan, covered with foil and baked in a 400F convection oven for 25-30 minutes or until product reaches 160F. Cool slightly and crumble till desired texture. Add sauce, mix to combine. Cover and return to 350F oven for 2-2 ½ hours.
- Alternatives: If whole grain buns are not available can substitute with white, enriched buns.
- Alternatives: If fresh onions are not available, see General Information A01100 for instructions on substituting with dried onions.
- If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Sloppy Joes (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.
- This recipe was prepared with Impossible Burger (vegan) Plant Based hamburger and thus measurements are derived from use of this product. Nutritional analysis was performed using Gardein crumbles. Similar products can be used interchangeably in this recipe.

