

Go For Green® Color and Sodium Level: Green and Low

**SLOPPY JOES (VEGAN) OVER RICE**

**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
323 cal	55.8 g	16.8 g	13.2 g	4.07 g	.6 g	470 mg	0 mg	72 mg	5.4 g

**Ingredients**

**Weight**

**Measure**

**Approx. Issue**

PLANT BASED (VEGAN) HAMBURGER	12lb 8oz		
VEGETABLE STOCK, PREPARED		40 ounces	
ONION, DICED		2 ¼ cups	
CATSUP, PREPARED		2 ½ quarts	
GARLIC POWDER		2 tbsp	
LIGHT BROWN SUGAR		3½ cup	
OIL, CANOLA		½ cup	
RICE, BROWN		6 ½ qt	

**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.
- Prepare rice by combining with water and cooking. Fluff. Place in warmer until service. See brown rice recipes AFRS E-005-05 or E-005-55 or or E-005-58 or E-005-61 or E-006-53 or E-005-64 or similar recipes.

**Serving**

- Portion ¾ cup of prepared brown rice on plate and top with ½ cup of Sloppy Joe mixture.

**Notes**

- Alternative Serving Suggestion: Can serve portioned in a hamburger bun. See AFRS T-XXX-01.
- 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 brown rice is not available can substitute with equal amounts of white rice (see AFRS E-005-00 or similar alternatives), or quinoa (see AFRS E-323-00 or E-323-50). Recommended rice cooking method: Steam covered for approximately 15 minutes.
- Alternatives: If fresh onions are not available, see General Information A01100 for instructions on substituting with dried onions.
- 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 burger crumbles. Similar products can be used interchangeably in this recipe.



7. 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.

