

TVP Vegan Sloppy Joes



Ingredients

- 1 brown onion, diced
- 1/2 green capsicum, diced
- 3 garlic cloves, minced
- 1 cup of TVP (textured vegetable protein)
- Handful of oregano
- 1 can of diced tomatoes
- 2 tbsp of tomato paste
- 3 tbsp maple syrup
- 1 tbsp dijon mustard

Method

- Heat some oil in a fry pan, adding onion, capsicum and garlic. Cooking until lightly browned
- Add in oregano and stir until fragrant.
- Add in diced tomatoes, tomato paste, maple syrup and dijon mustard. Allow to get to temperature before stirring in your TVP.
- Continue to stir until sauce thickens up and TVP has rehydrated
- Serve on a burger bun

