

# BBQ Tempeh Sloppy Joes - Vegan

Prep Time: 15 minutes  
Cook Time: 20 minutes  
Total Time: 35 minutes

Serving Size: 4  
Calories per serving: 372  
Fat per serving: 8 grams

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## Ingredients

- 1 (8-ounce) package tempeh
- 1 cup barbecue sauce
- 1 green bell pepper
- 1 small onion
- 1/2 cup vegetable broth, Trader Joe's Low Sodium
- 4 whole wheat hamburger buns
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## Instructions

1. Crumble tempeh in a bowl. Add BBQ sauce and let marinate for at least 15 minutes, more if you have time.
2. Meanwhile, dice onion and bell pepper.
3. Sauté onion, bell pepper over medium heat in a large skillet for 10-15 minutes or until soft.
4. Add BBQ tempeh and broth. Mix well. Bring to simmer, cover, reduce heat, and lightly simmer for 15-20 minutes, stirring occasionally.
5. Pile onto hamburger buns and enjoy!

## Notes

Nutrition facts (per serving): Calories: 372, from fat: 75, total fat: 8g, cholesterol: 0mg, sodium: 901mg, total carbohydrate: 60g, fiber: 3g, sugar: 26g, protein: 17g.