

# Vegetarian Sloppy Joe's

**Servings: 8**

## **Ingredients**

- 12 oz. Boca crumbles
- 1 medium to large onion
- ¾ c. ketchup
- 2 c. frozen corn
- 1 can black beans
- 1 c. salsa
- ½ tsp. ground cumin
- ¼ c. chopped fresh cilantro
- 8 whole wheat hamburger buns, warmed or toasted

## **Slaw garnish**

- ¼ c. light sour cream
- 1 Tbl. light mayonnaise
- 1 Tbl. rice vinegar
- ½ tsp. hot pepper sauce
- 3 c. coleslaw mix, or fresh grated cabbage

## **Directions:**

1. Saute onions until tender
2. Add ketchup, corn, beans, salsa and Boca crumbles.
3. Mix in cumin, cook over med-low heat for 15 minutes.
4. Add cilantro, just before serving.
5. Prepare slaw garnish dressing, and mix with slaw just before serving.

## **Nutrition:** (Serving size: 1 bun, 1 c. filling, 2 Tbl. slaw garnish)

*Calories: 279      protein: 17.5g      total carbohydrate: 52.5g      total fat: 4g*  
*saturated fat: 1g      sodium: 1096mg      dietary fiber: 10g      sugars: 14.5g*