

Sloppy “Jack”

Sloppy Joes are made with meat. So, we decided Jack is vegan :)

1 lb. carrots
1 ½ c. tomato puree
½ onion
½ bell pepper
3-4 cloves garlic
1T. Black strap molasses
1T. Liquid aminos
1 t. Himalayan salt
1 t. Smoked paprika
½ t. Dry mustard
1-2 T. oil (I used coconut oil)



Process the carrots, onion, bell pepper, and garlic cloves in a food processor or finely chop them. Place in a pan with oil and sauté until soft. Add the rest of the ingredients and let simmer for 5 minutes to let the flavors meld. Place on a lettuce leaf or serve on buns. Serves about 5 people. Delicious great meat alternative!

Recipe by Kelly Pomeroy