

Herbal Legacy Recipes

Sloppy Joes with a Kick

(Serves 8)

Raw garlic and cayenne pepper and a surprising kick to this healthier version of a summertime favorite.

INGREDIENTS:

- 1 tablespoon canola oil or 1-2 Tablespoons distilled water
- 1 cup chopped onions
- 2 medium green bell peppers, coarsely chopped
- 1/2 cup water
- 1 16-ounce can tomato sauce
- 1 teaspoon dried mustard
- 1-2 tablespoons molasses
- 4 cups prepared beans, you could try pinto beans on their own, or a mixture of beans
- 1 tablespoon chili powder
- 1/8 teaspoon cayenne pepper, or more to taste
- 2-3 cloves crushed or minced garlic



DIRECTIONS:

Heat the oil or water and gently sauté the onions and bell pepper for 5 minutes.

Add the remaining ingredients (except for garlic, chili powder and cayenne) and simmer for 20 minutes.

Remove from heat and stir in garlic, chili powder and cayenne.

Serve over whole wheat or multi grain rolls, would make a great filling for a pita pocket, too.

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