

## Vegan Sloppy Joes<sup>®</sup>

1-12 oz package faux fake hamburger or 1 cup TVP, reconstituted with 1 cup V8 or tomato juice or water

1-6oz can tomato paste                      2T each: prepared mustard; ketchup                      1 small onion chopped

1 can diced tomatoes, liquid retained    Dash oregano and chili pepper                      1T molasses

Sauté onion in a light film of water. Add molasses. Add fake hamburger meat/TVP, tomato paste then add liquid from diced tomatoes can until it is desired consistency. Add diced tomatoes and rest of the ingredients. Serve on sandwich buns.