

Tempeh Sloppy Joe



Here are some comforting and tasty burgers featuring tempeh and lots of good vegetables! Will you dare to discover tempeh?

Preparation 10 min

Cooking 20 min

Servings 4

Nutrition Facts (per serving)

Calories 190

Fat 3

Carbohydrates 28

Fibre 6

Protein 14

Sodium 280

Ingredients

- 15 ml (1 tbsp) canola oil
- 1 medium onion, finely diced
- 1 bell pepper (color of your choice), finely diced
- 1 large carrot, diced
- 227 g (8 oz) tempeh (see note)
- 500 ml (2 cups) water

- 60 ml (¼ cup) tomato paste
- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) white vinegar
- 15 ml (1 tbsp) low-sodium soy sauce
- 5 ml (1 tsp) Dijon mustard
- 5 ml (1 tsp) smoked paprika
- Pepper, to taste

To serve :

- 4 hamburger buns (see note)
- Lettuce
- Thinly sliced radishes

Note: Prepared from fermented soybeans, tempeh stands out for its nutty taste and firm texture. In addition to being a source of vegetable protein, tempeh also contains an interesting amount of fiber as the whole bean is preserved in its preparation unlike tofu.

Available in grocery stores, whole grain hamburger flatbreads are also an excellent option to increase fiber and reduce carbohydrates!

Preparation

1. In a skillet with high rims, heat oil over high heat, add the vegetables and cook for 10 minutes, stirring until lightly browned.
2. Finely crumble the tempeh with your fingers directly into the pan. Add the water and the rest of the ingredients. Season with pepper and mix. Continue cooking for 10 minutes.
3. To serve, garnish the hamburger buns with the preparation, lettuce leaves and radishes.



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