

Sweet Sloppy Joes with Tempeh

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tempeh	3 lbs. 2 oz.		6 lbs. 4 oz.	
Lentils, dry, rinsed	1 lb. 14 oz.		3 lbs. 12 oz.	
Water		3 $\frac{1}{3}$ cups		1 $\frac{1}{2}$ quarts + $\frac{2}{3}$ cup
Vegetable broth, reduced sodium		3 $\frac{1}{3}$ cups		1 $\frac{1}{2}$ quarts + $\frac{2}{3}$ cup
Hamburger bun, whole grain rich		50 each		100 each
BBQ sauce, prepared OR Prepare sauce from scratch:		1 $\frac{1}{4}$ gallons OR		2 $\frac{1}{2}$ gallons OR
Scratch BBQ sauce				
Vegetable broth, reduced sodium		3 $\frac{1}{4}$ cups		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup
Onions, dehydrated or fresh, diced	5 oz.		10 oz.	
Ketchup, low sodium		$\frac{3}{4}$ gallons + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garlic powder		2 $\frac{1}{2}$ Tbsp.		$\frac{1}{3}$ cup
Brown sugar	1 lb. 9 oz.	OR 3 cups	3 lbs. 2 oz.	OR 1 $\frac{1}{2}$ quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare lentils: Combine water, vegetable broth and rinsed lentils in a large pot or steam jacketed kettle. Heat on high until lentils have reach a low boil. Reduce heat and simmer, uncovered for 15-20 minutes, until tender.

**Alternative method: Combine water, vegetable broth and rinsed lentils in a steam table pan and steam approximately 45-60 minutes, until tender. (Lentils can be steamed the day before and kept in the cooler.)

2. Drain remaining liquid from lentils.

3. If preparing barbeque sauce: Simmer vegetable stock and onions over medium heat for five minutes.

Add ketchup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently. (Can be made the day before.)

4. Crumble or chop tempeh into small pieces.

5. Add lentils, tempeh, and barbeque sauce and simmer until meal service or at minimum 20 minutes.

**For even more robust flavor, allow the sloppy joe mix to simmer for at least one hour.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.



Sweet Sloppy Joes with Tempeh Continued

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Serving Information

Use a #8 scoop ($\frac{1}{2}$ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 2 meat/meat alternates, 2 ounce equivalent grains.

Use a #16 scoop ($\frac{1}{4}$ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 1 meat/meat alternates, 2 ounce equivalent grains.

Nutrition Information per 2 m/ma and 2 grain equivalents *From USDA Nutrient Database

Calories: 507 Total Fat: 7g Saturated Fat: 1.2g Monounsaturated Fat: 0.9 Polyunsaturated Fat: 1.2g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 82g Fiber: 8g Total Sugar: 42g Protein: 13g Sodium: 380mg Vitamin A: 0 μ g

Vitamin C: 0.8mg Calcium: 61mg Iron: 2.8mg Folate: 88 μ g

