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**MOUTH
WATERING
vegan™**



Vegan Sloppy Joes

I tried Sloppy Joes once in the US, and several times when made by my US mom's friends in the past. This is my adaptation based on my recollections, together with my own twist, to bring the best out in these finger-licking, bite kicking, heavenly spiced scented Sloppy Joes. All the family love 'em, and so will you and your friends – at least that's what I'm hoping !!! They are crazy

delicious, and should be served to every meat eater you know – one bite and you're an addict ! Easy to make, fast, simply and a culinary instant reward ! Enjoy !

TIP : Serve with a toasted or untoasted bun, and use vegan butter if you wish. Then I also suggest tortilla chips and orange wedges to bring the best out of the flavours – yum eeeeeee !!!

INGREDIENTS

olive oil for frying

1 onion, very finely chopped

450g (16 oz) vegan mince (ground crumble) – I use Linda McCartney, or 1 cup pre-cooked puy lentils if you prefer

4 scallions (spring onions), chopped into ¼ inch slices

2 Tbsp sweet chilli sauce (available from here in the [US](#), or [UK](#))

1 Tbsp mustard (I use French's brand – available from here in the [US](#), or [UK](#) and yes it's vegan <http://www.frenchsuk.co.uk/pages/faq>)

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tsp chilli powder (available from here in the [US](#), or [UK](#))

baby chillies, finely chopped

alt to taste

tsp dark brown sugar (or other of your choice)

¼ Tbsp tomato ketchup

2 tsp tomato paste

1 cup finely chopped tomatoes, (or tinned is fine)

2 tsp cider vinegar

METHOD

1. Begin by heating your oil, and frying half the finely chopped onions until a little brown, and then add the chopped chillies, and continue to fry for a couple of minutes.
2. Add in the vegan mince, and fry until it is browned (or if using lentils, be sure to leave them in for a couple of minutes, and continue to follow the instructions below).
3. Add the tomato paste, and one ingredient at a time, with the last ingredient being the remaining scallions, as I used them for flavour and colour, so they are not to be overcooked.
4. Allow to simmer for 20 minutes, then take off the heat. Toast and 'butter' your bun if you wish, and

spoon in lots of the sauce. Enjoy !

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PLEASE SCROLL DOWN TO THE COMMENT BOX AT THE BOTTOM OF THIS PAGE TO LEAVE YOUR COMMENT ON THIS RECIPE. THANK YOU.



Deep Pan 'Cheesy' Veg
Quiche

59 COMMENTS Cauliflower 'Cheese'
based Crust Pizza with a
'Cheese', Cherry Tomato,
Onion & Olive Topping



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Anouk

August 25, 2013 at 3:50 pm

I don't think they sell sloppy joes here in Belgium. But this looks so delicious that I have to make this! First vegan sloppy joe in Belgium haha 😊



Teri

August 25, 2013 at 4:36 pm

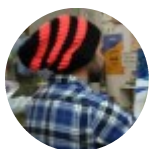
I don't see where you used the onion (finely chopped) unless it is just in the ingredients that are added one at a time.



Becky

August 25, 2013 at 5:02 pm

I can't wait to try this. I loooove sloppy joes and this sound like it should tasted just like the ones I ate as a kid. I appreciate so much when you post links to certain ingredients that are not commonly found where I live. Makes it so much easier. Thanks for your commitment to posting such wonderful recipes. I have your cook book too! I it the best one in my kitchen!!



ines

August 25, 2013 at 5:15 pm

Doesn't this look yummy? 😊 I will certainly be trying this soon! Does it work with red lentils? Can I cook them myself? Thank you

**Miriam**

August 25, 2013 at 6:03 pm

Ines Hi there. My guess is it would work with the lentils in the same way a bolognese would do the same, so I am suggesting it for those who don't want fake meat or cannot find it or who simply prefer lentils – yes you can pre-cook the lentils first, then rinse in cold water and treat them like mince/ground crumble Enjoy and let me know how it goes.

**Tima**

August 25, 2013 at 6:03 pm

It looks yummy.. Can I replace vegan mince with something else.. also vegan. but I can't find where I live.

**Miriam**

August 25, 2013 at 6:05 pm

Dear Becky, thanks for that lovely comment, which I appreciate. Let me know how these go as and when – I have a feeling you are going to love them.

Just a little note for you to include in it – it's to double the agar powder for the cheddar cheeses, but I have also added a Note/Tip for best results for you, here it is.

Tip :- Regarding the Cheddar Recipes in my book – Double the amount of agar powder (do not use flakes as you would need to double the flakes ie 1 tbsp agar powder = 2 tbsp of flakes. So use powder and double the quantities for both the cheeses there. Also when I say to add water in the recipe, add the water and agar into a saucepan and heat up stirring all the time until very thick (don't panic if it over-thickens), continue mixing for 5-10 minutes (This process helps the agar to release it's gelatinous qualities), then add this

mixture to the food processor together with the remaining ingredients and process until smooth. Continue with the recipe from this point onwards when it says to process everything. Next step would be to pour the cheese mix and re-heat it, you would only need a couple of minutes of heat and stir it until it's very thick, then it's done, just add the mixture to a pre-greased container, allow to cool and refrigerate – for a denser result use coconut oil rather than olive oil, and increase agar powder further if you want an even denser cheese (people have different preferences when it comes to this). For melting purposes, aid the process by adding to toast, bakes or pizza and be sure to drizzle on the olive oil to help it break down further.

The revised recipe did not reach my publishers in time, this is the reason. But you will enjoy the cheese and the taste – feedback has been fantastic. 😊

If you love the book, please post a customer amazon review for me 😊



Miriam

August 25, 2013 at 6:07 pm

Teri Hi, just adjusted the recipe. Enjoy and let me know how it goes ! 😊



Miriam

August 25, 2013 at 6:08 pm

That's quite awesome Anouk, I hope you make and enjoy them, and you may just be one of the first people to be eating a Sloppy Joe in Belgium. Do let me know what you think of them as and when ! 😊



Carole

August 25, 2013 at 6:58 pm

I just made this....it is scrumptious! A new favorite!!!

**Miriam***August 25, 2013 at 7:28 pm*

Carole Hi there, that was fast – bravo and thanks for your swift and sweet feedback, that's awesome and it sounds as though you might make these again ! Best your way ! 😊

**Miriam***August 25, 2013 at 7:29 pm*

Tima Hi there, yes, you can use pre cooked Puy lentils or TVP which is a dehydrated soya mince, easy to use and can be ordered online.

**Betty***August 25, 2013 at 10:11 pm*

This really sounds and looks so good. Are the chilis you use hot?

**Miriam***August 26, 2013 at 10:35 am*

Betty Hi there, yes they are, but by all means use what suits you best ! Best your way and I look forward to your future comments on my blog ! 😊

**Becky**



August 26, 2013 at 11:49 am

Thanks Miriam for the revised instructions for the cheese. I will copy it and keep it with my cook book. I'm heading over now to Amazon to leave a 5 star review 😊

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Miriam

August 26, 2013 at 4:16 pm

OMG Becky dear, thanks so much for that, how kind of you ! I am sure you are going to have so much fun with the recipes in my book ! Enjoy and I look forward to your future comments on my blog ! 😊



Fran

August 27, 2013 at 6:26 am

Hi Miriam – I love the sound of these and that's dinner now sorted for tonight, thank you. I have just bought your book, which looks fabulous. However, one quick question – is there a UK version and a USA version, or just the one? Thank you x



Miriam

August 27, 2013 at 10:47 am

Fran Hi there and thanks for dropping by here with your feedback and comment. Thanks also for purchasing my book. Currently there is one book, one version but it covers both metric and imperial measurements.

Just a little note for you to include in it – it's to double the agar powder for the cheddar cheeses, but I have also added a Note/Tip for best results for you, here it is.

Tip :- Regarding the Cheddar Recipes in my book – Double the amount of agar powder (do not use flakes as you would need to double the flakes ie 1 tbsp agar powder = 2 tbsp of

flakes. So use powder and double the quantities for both the cheeses there. Also when I say to add water in the recipe, add the water and agar into a saucepan and heat up stirring all the time until very thick (don't panic if it over-thickens), continue mixing for 5-10 minutes (This process helps the agar to release it's gelatinous qualities), then add this mixture to the food processor together with the remaining ingredients and process until smooth. Continue with the recipe from this point onwards when it says to process everything. Next step would be to pour the cheese mix and re-heat it, you would only need a couple of minutes of heat and stir it until it's very thick, then it's done, just add the mixture to a pre-greased container, allow to cool and refrigerate – for a denser result use coconut oil rather than olive oil, and increase agar powder further if you want an even denser cheese (people have different preferences when it comes to this). For melting purposes, aid the process by adding to toast, bakes or pizza and be sure to drizzle on the olive oil to help it break down further.

The revised recipe did not reach my publishers in time, this is the reason. But you will enjoy the cheese and the taste – feedback has been fantastic. 😊

If you love the book, please post a customer amazon review for me.

Best,

Miriam Sorrell

Author Mouthwatering Vegan.



Sara Dagan

August 28, 2013 at 1:03 pm

Miriam hi,

I have just reviewed your book on amazon.

I meant every word i wrote – you are the best.

http://www.amazon.com/Mouthwatering-Vegan-Irresistible-Everyone-ebook/product-reviews/B00ATLAAFU/ref=cm_cr_dp_synop?ie=UTF8&showViewpoints=0&sortBy=bySubmissionDateDescending#R24KY3UUA3YVEZ



Sara Dagan

August 28, 2013 at 1:05 pm

here is what i wrote – it might take some time till it will be processed by amazon:

5.0 out of 5 stars this book is the bible of the Vegan cousine, August 28, 2013

By Sara Dagan (Bnei-Brak, Israel) – See all my reviews

Amazon Verified Purchase(What's this?)

This review is from: Mouthwatering Vegan: Over 130 Irresistible Recipes for Everyone (Kindle Edition)

This is not just another vegan cook book – this is the BIBLE OF THE VEGAN COUSINE! amazing gourme' receipes and yet easy to make.

You can't sabottage the receipes – The auther, in her OWN special way "holds your hand" in a step by step receipes. they are creative, organl, and taste great – take for example the Mint Soured Cream – on baked potatos – it tastes like the "real thing" and much better. Or the Mild Chadder Cheese – or the Happy Milk and Cream – yammm. You have a dish for every mood / time of the year.

I bought the paper version in addition to the kindle addition – it's in my kitchen – easy to reach.

lucky us – the auther has placed a very high standard to follow.

The vegan world will never look the same.

=====

Looking forward to having your next book!

Hugs,

Sara



Miriam

August 29, 2013 at 11:52 am

Sara dear, that is so wonderful of you to write such a wonderful review for me. Could I ask you to copy and paste it on amazon.co.uk, they would take it there too. Best wishes to you and thanks once again for such wonderful and kind words. 😊

**Miriam***August 29, 2013 at 11:53 am*

Sara Hi there and thanks so much for a very kind review – much appreciated and enjoy the book! 😊

**Sara Dagan***August 29, 2013 at 2:26 pm*

Miriam dear,
I just posted it on amazon uk
😊

**Mary Ann Roma***August 29, 2013 at 8:38 pm*

I made this today.....only revision was I added a red bell pepper, and for the tomatoes I used Hunts fire roasted.....the recipe is awesome.....!!!!!!!!!!!!!!

**Miriam***August 29, 2013 at 10:46 pm*

Thanks very much for your feedback dear Mary Ann, I am so glad you enjoyed it, love the idea of the fire roasted tomatoes! 😊

**Miriam***August 29, 2013 at 10:49 pm*

Sara Hi, I really, really appreciate that – it's one of my favourites, so a HUGE THANK YOU MY DEAR! 😊 x

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**Marie***August 31, 2013 at 1:19 pm*

Oh my god, I just had these ... AMAZING !! I used lentils and added a little celery. Now I'm unable to move since I had much more than my stomach could handle ! I just couldn't stop !

**Miriam***August 31, 2013 at 4:36 pm*

Ha, Ha Marie, you sure sound full and satisfied. That's the thing with this recipe, it's so moreish it's difficult to stop ! Best wishes your way and I look forward to your future comments on my blog ! 😊

**Catherine M***September 1, 2013 at 8:32 am*

Would love to try these, but at the moment Linda McCartney mince has been withdrawn from sale, and has been for some months now. They told me it will be back but not when. It is very frustrating. I have tried the dried mince but it just isn't the same. Any other suggestions?

**Miriam**

September 1, 2013 at 1:05 pm

Catherine Hi, sorry to hear about the Linda McCartney withdrawal. Whereabouts do you live? I would try this with lentils. Let me know how it goes as and when. 😊

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**Catherine M**

September 3, 2013 at 5:43 pm

Hi Miriam I live in UK, they told me there was a problem with the supplier. Would you use tinned lentils?

**Miriam**

September 3, 2013 at 7:13 pm

Catherine Hi there, are you talking about the Linda McCartney mince ??? What problem? Please let me know. Tinned lentils won't work as they are overcooked and mushy, so if you are going to use lentils, boil some Puy Lentils as they are chewy and will work well with this. Let me know about the mince please. Best your way and enjoy! 😊

**Catherine M**

September 5, 2013 at 6:55 pm

Hi Miriam, I don't know anything about the mince other than they told me that there had been a problem with a supplier and it would return. However, I still can't get it. On their website it said stocked by Holland and Barrett and Lidl, but neither of those has it. However, H&B do one so I picked that up today. If it's nice, might try this, if not, will do the lentils!

**Miriam***September 5, 2013 at 7:28 pm*

Thanks for letting me know Catherine ! Let me know how it goes either way ! 😊

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**Joe***September 6, 2013 at 1:06 pm*

Hi I'm back! Can't comment much nowadays since am using yer book!

Oh sloppy joe (hope its not me haha).

Made these once quite a long time ago and loved them...now I'll try yours and comment.

Re the cheddar cheese tip wonder if your writing it all over again every time ha ha.


**Miriam***September 6, 2013 at 3:02 pm*

Hi there Joe, glad you are using my book ! Hope you make and enjoy my Sloppy Joes, they really are quite delicious, but I'll let you be the judge of that ! 😊

**Isabel costa***September 7, 2013 at 1:46 pm*

I just finished to cook and eat the sloppy joes and they`re great. Excellent recipe, and so easy to make. I made them with puy lentils, messy to eat but that just gave me an excuse to lick my fingers afterwards!

thanks for this recipe



**Miriam***September 7, 2013 at 4:33 pm*

You are most welcome Isabel – so glad they were ‘fingerlikckening’ good after all ! I look forward to your future comments on my blog ! 😊

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Is anyone else in the UK having problems getting vegan mince? I used to get the Morrisons version but they've stopped selling it, tried in Tescos and nothing there either. Not their own version or Linda Mac's. Very disappointing 😞

**Miriam***September 10, 2013 at 2:40 pm*

Lauri we are in Malta presently – you can make this with a combination of TVP and Puy lentils – just a thought until things are back in stock ! 😊

**Jeffrey***September 11, 2013 at 9:06 pm*

Might sound silly and I'm missing it, but how many servings does this recipe make? 😊

**Miriam***September 12, 2013 at 1:50 pm*

Hi there Jeffrey, not at all, your question is justified. It will yield around 4 main course

portions ! Quite filling too ! Let me know how they go as and when. Enjoy ! 😊

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Joe

September 12, 2013 at 2:26 pm

Hi Miriam Just finished my third portion (!) of the Smoked Caponata (or somethin' like that). Quite good and ate nearly half a loaf of crusty Maltese bread with it. When kids we used to have a hard boiled egg as accompaniment but now am leaving the egg with her owner ha ha! 😊

Going to make some extra and freeze.



Miriam

September 12, 2013 at 10:50 pm

Hi there Joe. Good idea to freeze some extra. As for the Maltese bread, it's irresistible always !!! Best your way ! 😊



Ti

November 10, 2013 at 10:17 pm

Hi, All! For those of you new to the sloppy joe "thing", you can also use oats to replace some of the soy mince. Lentil and oat, TVP and oats. They both work. Enjoy!



Miriam

November 11, 2013 at 8:48 am

That's interesting TI



Catherine M

December 17, 2013 at 6:24 pm

Made this today to freeze for comfort food over holiday but had a taste ... Mmmm



Miriam

December 18, 2013 at 11:03 am

Very good forward thinking there Catherine, and be sure to ENJOY ! Happy Holidays your way dear ! 😊



Morgan

December 21, 2014 at 9:02 pm

I'm an Australian but my partner is American and he was brought up on the meat version of sloppy joes. I made this for him and he said these were the best he has ever had.



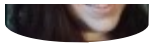
Miriam

December 22, 2014 at 6:32 pm

That sure is super news there Morgan – will share on FB too ! Best your way in the meantime and happy holidays your way ! 😊



Caitlin | belong with wildflowers



March 12, 2015 at 5:40 pm

I made these last night with a few adjustments, and they were delicious!

Changes I made:

- I used 1 cup of dried lentils & pre-cooked them 15 minutes. This resulted in about 2 1/3 cup of pre-cooked lentils added to the recipe.
- Instead of sweet chili sauce, I used 1 additional Tbsp of ketchup & 1 Tbsp of ketchup.
- Used 1 jalapeno instead of 2 baby chillies.
- Doubled the tomatoes!

D-E-L-I-S-H! A definite keeper recipe 😊

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Miriam

March 24, 2015 at 9:42 pm

So glad you made and enjoyed this Caitlin ! 😊



robin

April 12, 2015 at 1:44 am

just made this for dinner for my husband and daughter and they loved it. 10 year old has been a veg since birth, husband recent convert (forced) since heart issues. Eating occasional comfort foods like this are great because they keep kid feeling like other kids (though frankly she has adult taste buds) and make hubby feel like the world hasn't come to an end. Nice job getting the taste of a sloppy joe and improving on it.



Miriam

April 13, 2015 at 7:55 am

Thanks for your feedback Robin, and well done in maintaining a plant based diet in your

home – better for all round health and the animals too. You'll find plenty more that will keep the family happy on this site, and I look forward to your future comments on my blog! 😊

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Pingback: Food for Thought VII | herbie on the run

**joanie***November 19, 2015 at 1:22 am*

WOW! DELICIOUS! Better than any SJ's that I remember as a child. Very easy to make. Didn't even put it on a roll 😊

**Miriam***November 19, 2015 at 12:13 pm*

Hi there Joanie, sounds like you really enjoyed this – so glad and hope you enjoy many more recipes from my blog. 😊

**Lisa Williams***February 20, 2018 at 11:51 am*

Hi Miriam,

Thanks for the recipe. I just wanted to let you know that I've featured it on my sandwich roundup, which you can find here: <https://happyhappyvegan.com/sandwiches/> I hope you don't mind?

**Miriam**



February 20, 2018 at 4:31 pm

Hi Lisa, not at all ! 😊

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