

# Tofu Sloppy Joes

## Ingredients:

- 1 tsp. extra-virgin olive oil
- ½ medium onion, chopped
- ½ cup carrot, chopped
- 2 stalks celery, chopped
- 1 medium green or red pepper, chopped
- 2 cloves garlic, minced
- 1 package (16 oz.) extra firm tofu, drained and crumbled
- 2 Tbsp. low-sodium soy sauce
- 1 cup low-sodium tomato sauce
- ½ cup low-sodium ketchup
- 1 tsp. chili powder
- ½-1 tsp. cumin

## Instructions:

1. Sauté onion, carrot, celery, pepper and garlic in oil over medium heat until tender.
2. Crumble the tofu with your hands or mash with a fork.
3. Add tofu and soy sauce to the pan. Continue cooking and stirring until the tofu starts to brown.
4. Stir in remaining ingredients and simmer for 5-10 minutes.
5. Serve over toasted one-half whole-wheat bun (not included in nutrition facts).



Servings: 4-6



## Nutrition Facts

4-6 servings per container	
<b>Serving size</b>	<b>1/2 Cup (209g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 175mg	<b>15%</b>
Iron 3mg	<b>15%</b>
Potassium 188mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.