

TOFU SLOPPY JOES

1 block extra-firm tofu

2 Tablespoons olive oil, divided

1 large onion, coarsely chopped

1 bell pepper, coarsely chopped (any color will do)

1 cup celery, coarsely chopped

1 clove garlic, minced* (optional)

1 15 oz. can diced tomatoes, pureed

2 Tablespoons apple cider vinegar (white will do, if that's all you have)

2 Tablespoons blackstrap molasses

2 Tablespoons brown sugar

1 Tablespoon yellow mustard

1 Tablespoon chili powder (more or less to taste)

1/2 teaspoon turmeric

Heat one Tablespoon of olive oil in pan and add crumbled tofu. Cook over medium heat, stirring occasionally, until dry and slightly golden. Set aside.

Sauté onion, garlic, celery and pepper in the other Tablespoon of olive oil until tender.

Add tofu to mixture and stir lightly. Add remaining ingredients and simmer on low for about 30 minutes, or until thick, stirring occasionally.

Notes:

1) You can use ketchup in place of the tomatoes, but you may need to adjust the sweetness and spices. Be sure to use a good quality ketchup that does not contain HFCS.

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- 2) You can adjust the sweetness and spices to your own taste, which may require some experimentation.
- 3) You can use your own recipe for Sloppy Joes, and just replace the hamburger with the tofu that has been crumbled and cooked as described above.
- 4) The celery and bell pepper add taste and texture, but if you don't have them on hand, you can make this recipe without one or both of them.
- 5) *A head or bulb of garlic usually contains about 10 cloves. 1 clove = 1 teaspoon
chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon
garlic flakes = 1/4 teaspoon granulated garlic = 1/2 teaspoon garlic juice