

Tempeh Barbecue Sloppy Joe's

Ingredients:

- 1 cup Doc Sauce
- 1 eight ounce package of tempeh, crumbled
- 1 tablespoon vegetable oil
- 1 red bell pepper, seeded and chopped
- 1 green bell pepper, seeded and chopped
- 1 medium onion chopped
- 4 Kaiser rolls

Directions:

Pour the Doc Sauce into a medium bowl.

Crumble the tempeh into the sauce, and let it marinate a little, about 10 minutes.

Heat the veggie oil in a skillet over medium heat. Add the red and green peppers, and the onion.

Cook, stirring frequently until tender.

Stir in the tempeh and barbeque sauce, and heat through.

Spoon the tempeh mixture onto Kaiser rolls, and serve.



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