

# MARLEY SPOON



## BBQ Meat-Free Sloppy Joes

with Sweet Potato Wedges



40min



2 Servings

We've channeled the nostalgic flavor of sloppy Joes into a vegetarian version that rivals the original. Our plant-based ground and green bell peppers come together as the base for the sandwich. It's simmered in a sweet and savory barbecue-based sauce. The saucy mix is spooned onto toasted buns and topped with roasted onions, lettuce, and cooling sour cream. Our only question is: if it's not messy, is it truly a sloppy Joe?

## What we send

- 1 sweet potato
- 1 medium yellow onion
- 1 green bell pepper
- garlic
- ½ lb pkg plant-based ground <sup>1,2,3</sup>
- 4 oz barbecue sauce
- ¼ oz chipotle chili powder
- 1 romaine heart
- 2 (1 oz) sour cream <sup>4</sup>
- 2 potato buns <sup>3</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- rimmed baking sheet
- medium nonstick skillet

## Allergens

Soy (1), Tree Nuts (2), Wheat (3), Milk (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 870kcal, Fat 37g, Carbs 104g, Protein 35g



### 1. Prep ingredients

Preheat oven to 425°F with a rack in the upper third. Scrub **sweet potato**, then cut into 1-inch thick wedges. Halve and thinly slice **all of the onion**. On one half of a rimmed baking sheet, toss sweet potatoes with **1 tablespoon oil** and season with **salt** and **pepper**. On the empty half, toss onions with **1 tablespoon oil** and season with **salt** and **pepper**.



### 2. Roast veggies

Roast **veggies** on upper oven rack until potatoes and onions are tender and browned all over, without stirring, about 30 minutes. (Watch closely, onions may take less time than the sweet potatoes.)



### 3. Start sloppy joes

Halve **bell pepper**, remove stem and seeds, then finely chop. Finely chop **2 teaspoons garlic**. Heat **1 tablespoon oil** in a medium nonstick skillet over medium-high. Add peppers and season with **salt** and **pepper**. Cook, stirring, until peppers are browned all over and tender, about 5 minutes.



### 4. Add plant-based ground

Add **plant-based ground** to skillet with **peppers** (add **oil** if skillet seems dry). Cook, breaking up ground into large pieces until browned all over, 3-5 minutes. Stir in **barbecue sauce**, **½ cup water**, and **1 teaspoon each of the chopped garlic and chipotle powder**; bring to a simmer. Cook, stirring until sauce is thickened and glossy, 2-3 minutes. Season with **salt** and **pepper**.



### 5. Prep toppings

Very thinly slice **half of the lettuce** crosswise into thin ribbons; discard stem end. In a small bowl, stir to combine **all of the sour cream** and **remaining garlic**. Season to taste with **salt** and **pepper**.



### 6. Toast buns & serve

Toast **buns** in toaster oven or under the broiler until golden brown, 2-3 minutes (watch closely). Spread **some of the garlic sour cream** on buns, then top with **sloppy joe mixture**, **roasted onions**, and **lettuce**. Serve **sloppy joes** alongside **sweet potato wedges** with **remaining garlic sour cream** on the side for dipping. Enjoy!