

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 red onion
- 1 green bell pepper
- ½ lb pkg plant-based ground ^{1,2,3}
- 4 oz barbecue sauce
- ¼ oz chipotle chili powder
- 1 romaine heart
- 2 (1 oz) sour cream ⁴
- 2 potato buns ³

What you need

- olive oil
- kosher salt & ground pepper
- garlic

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!