**Vegan Sloppy Joes**

**What you need ≫≫**  
1 bag Quorn "beef" crumbles (or beef substitute of chioce)  
1/2 onion, chopped  
1 8oz can diced tomatoes  
3/4 c water  
2 tsp fresh garlic  
1 Tbsp chili powder  
1 tsp paprika  
1 tsp ground cumin  
1 tsp vinegar  
2 Tbsp brown sugar  
1 tsp dried oregano  
1/2 tsp sea salt  
1 1/2 tsp garlic salt  
1/2 tsp ground black pepper  
Whole wheat hamburger buns

**Directions ≫≫**

Heat up the "beef" crumbles on the stove as the package states. Mix the tomato sauce, onion, water, sugar, and spices together. Add the tomato mixture to the crumbles and heat on medium.

Pile the sloppy goodness on your whole wheat buns (with a slice of cheese if you like) and enjoy! We had ours with Alexia tater tots (onion rings are fab as well) and it was the perfect combo.

Enjoy!

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