

Sloppy Veg-Head Joe with Raw Slaw

VEGAN + GLUTEN-FREE



Tested and Approved by 86lemons.com

<http://86lemons.com/sloppy-joes-with-raw-slaw>

Original Recipe Sources:

SLOPPY JOES

Rachel Ray, http://www.rachaelray.com/recipe.php?recipe_id=2038

(adapted slightly)

RAW SLAW

The Blender Girl, <http://healthyblenderrecipes.com/recipes/colourful-raw-green-superslaw>

RAW SLAW INGREDIENTS:

- ¼ red cabbage
- ¼ white cabbage
- 1 bunches flat leaf parsley
- ½ bunch kale
- 2 carrots
- 1 bunch green onions

DRESSING:

- ½ cup extra virgin olive oil
- ¼ cup raw cashews, soaked for about 4 hours
- 2-3 Tbsp fresh lemon juice
- 1-2 cloves garlic (depending on preference)
- 1 Tbsp pure maple syrup
- 1 Tbsp apple cider vinegar
- sea salt, to taste

SLOPPY JOE INGREDIENTS:

- 1 Tbsp canola or vegetable oil
- 2 jalapeño peppers, seeded and finely chopped
- 1 red, green, or yellow bell pepper, seeded and chopped
- 1 red onion, chopped
- 2 large garlic cloves, chopped
- 1 (21-oz) can black beans, drained and rinsed
- 1 tsp ground cumin
- 1 tsp ground coriander
- salt and pepper, to taste
- 1 (15-oz) can diced fire-roasted or chunky-style crushed tomatoes
- 1 rounded Tbsp brown sugar
- 1 Tbsp vinegar, any kind
- 1 lime
- 4-6 crusty rolls, split and lightly toasted (gluten-free, if desired - or try gluten-free wraps instead)

SERVES: 4-6

STEP 1 - PREPARE RAW SLAW:

Chop up the vegetables in your food processor and toss in a salad bowl. Blend the dressing ingredients in your high speed blender. Add in more lemon juice, maple syrup, vinegar and sea salt to taste to reach your perfect blend. Add dressing to vegetables and toss to coat. (If you have leftovers, this will keep for a few days in the fridge.)

STEP 2 - PREPARE SLOPPY JOES:

Heat the oil in a skillet over medium-high heat. To the hot oil, add the jalapeños, bell peppers, onions, and garlic and cook until tender, 7 to 8 minutes.

STEP 3:

Fold in the black beans, cumin, and coriander and season to taste with salt and pepper. Stir in the tomatoes, brown sugar, and Worcestershire or vinegar and simmer the mixture for a few minutes to combine the flavors. Squeeze the lime juice into the pan and stir.

STEP 4:

Serve the sloppy joe mixture topped with the raw slaw on buns. Or serve the slaw on the side.