



Adda Veggie Cauliflower Sloppy Joe

Plant-based sloppy joe made with Adda Veggie Original Blend and riced cauliflower.

NSLP/SBP CREDITING INFORMATION

One sandwich (½ cup filling) provides: **2 oz MMA**, ¼ cup **other vegetable**, and **1.75 oz equivalent grains**.

24 servings		
INGREDIENTS	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Original Blend)	0.66 lb	1 bag
Riced Cauliflower, fresh or frozen *	1.8 lb	
Cooking oil		1 cup
Water		2 cups
Sloppy Joe Sauce		
Tomato Sauce, canned, no salt added		1.5 cups
Barbecue Sauce, low sodium		3 cups
Water		1.5 cups
Accompaniments for Service		
Hamburger bun, whole wheat		24 buns
(optional) Pickles, chopped cabbage or cole slaw.		

* If using pre-packaged riced cauliflower (fresh or frozen), steam riced cauliflower for 10 minutes, until tender.

If using fresh, whole cauliflower, pulse in a food processor until finely riced.

DIRECTIONS	
1	Pre-heat oven to 350°F.
2	Line 1 sheet pan with parchment paper.
3	In a large mixing bowl, add full bag of Adda Veggie Protein Crumbles and soak in 2.5 cups of water for 5 minutes, stirring halfway.
4	Stir in Adda Mix and mix well.
5	Mix riced cauliflower into prepared mix.
6	Add 1 cup of cooking oil to the prepared mix. Stir until evenly mixed.
7	Spread the mix out evenly on the lined baking sheet.
8	Bake for 15 minutes. Ground crumble will appear slightly browned when ready.
9	Prepare sauce: Combine barbecue and tomato sauces with 1.5 cups water. Heat in a large stock pot.
10	Mix in cooked meatless crumble and remove from heat.
11	Pour sloppy joe mixture into steam table pan (12" x 20" x 2").
	Critical Control Point: Hold sloppy joe mixture for hot service at 135°F or higher.
12	Place bottom half of each bun on a sheet pan. Use 2 sheet pans for 24 servings.
13	To serve, using a No. 8 scoop portion ½ cup sloppy joe mixture onto the bottom half of each bun.
14	Place top half of bun on top of each sandwich.



NUTRITION INFORMATION

Filling for 1 sandwich (1/2 cup).

NUTRIENTS	AMOUNT
Calories	230
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Total Fat	11 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	430 mg
Total Carbohydrate	23 g
Dietary Fiber	4 g
Total Sugars	12 g
Added Sugars	8 g
Protein	13 g
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Vitamin A	40 mcg
Vitamin C	24 mg
Vitamin D	0 mcg
Calcium	90 mg
Iron	2.6 mg
Potassium	340 mg

NOTES

Cooking Process #2: Same-Day Service.

YIELD / VOLUME

About 7 lb sloppy joe mixture
About 1 gal 1 cup / 1 steam table pan (12" x 20" x 2")