

Vegetarian Pinto Bean Sloppy Joes *From EatingWell: May/June 2014*

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This vegetarian Sloppy Joe recipe uses pinto beans and a heap of veggies tossed in a sweet, tangy sauce for the filling of a tad messy kid-friendly sandwich you can make in your slow cooker.

10 servings | **Active Time: 30 minutes**
 (not including bean-soaking time) | **Total Time: 5 1/2-9 1/2 hours**

2 tablespoons extra-virgin olive oil	4 cups very thinly sliced green cabbage
2 medium carrots, sliced	1 medium zucchini, chopped
1 large white onion, sliced	1 cup corn, fresh or frozen (thawed)
4 cloves garlic, minced	3 tablespoons honey mustard
3 tablespoons chili powder	1 tablespoon brown sugar
2 tablespoons balsamic vinegar	1 teaspoon salt
1 cup dry pinto beans, soaked (see Tip)	10 whole-wheat hamburger buns
1 large red bell pepper, diced	
1 8-ounce can no-salt-added tomato sauce	
1/2 cup water	
2 tablespoons reduced-sodium soy sauce or tamari	
2 tablespoons tomato paste	



Preparation

- Heat oil in a large skillet over medium-high heat. Add carrots and onion; cook, stirring occasionally, until starting to brown, about 8 minutes. Stir in garlic and chili powder; cook, stirring, until fragrant, about 15 seconds. Remove from heat; stir in vinegar and scrape up any browned bits.
- Coat a 6-quart slow cooker with cooking spray. Drain and rinse the soaked beans; transfer to the slow cooker. Stir in bell pepper, tomato sauce, water, soy sauce (or tamari) and tomato paste to combine. Spread the carrot-onion mixture over the bean mixture, but don't stir the two together. (The layer on top helps keep the beans submerged during cooking so they don't dry out.) Cover and cook on High for 5 hours or Low for 9 hours.
- Stir in cabbage, zucchini, corn, honey mustard, brown sugar and salt; cook on High for 30 minutes.
- Serve the mixture on buns.

Nutrition *Per serving* : 283 Calories; 6 g Fat; 1 g Sat; 3 g Mono; 0 mg Cholesterol; 51 g Carbohydrates; 11 g Protein; 11 g Fiber; 692 mg Sodium; 773 mg Potassium

Exchanges: 2 1/2 starch, 1 1/2 vegetable, 1/2 lean meat, 1/2 fat

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days; reheat before serving.
- **Before using beans in a slow-cooker recipe, soak them to ensure even cooking. Start by sorting beans to remove any pebbles; rinse well with cold water. To soak overnight:** Place beans in a large bowl, cover with 3 inches of cold water and soak at room temperature for 8 to 24 hours. To "quick soak": Place beans in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.