



Sloppy Jane

- Vegan Sloppy Joe Mix, One Box (www.fantasticfoods.com)
- 2 Cups Bella Mushrooms, Sliced
- 1 Small Red Onion, Sliced
- 1 Small Tomato, Sliced
- 3 oz. Tomato Paste
- 1 Tsp Olive/Canola Oil
- 2 Tablespoons, Liquid Smoke
- 4 Ezekiel (Flourless) Toasted English Muffin
- 1/4 Cup Fresh Parsley, Finely Chopped
- 1 Small Dill Pickle, Sliced

In a medium sauce pan bring 1 3/4 water to a boil. Mix in tomato paste. Stir frequently. Lower heat and simmer. Pour Sloppy Joe mix into water and tomato paste. Stir until ingredients thicken. Cover and simmer. In a separate pan, add oil and lightly brown onions. Set aside. In same pan, saute mushrooms with 2 tablespoons of Liquid Smoke and parsley until light golden brown. Toast the english muffins. Add all of the fixings and serve. Serves 4.