

# MANWICH SLOPPY JOES



- 2 Tbsp of Olive Oil to sauté onion, bell pepper, garlic
- 1/2 white onion - minced
- 1/2 Green Bell Pepper -minced
- 2 Tbsp. Garlic - minced
- 1/2 cups Catsup
- 2 Heaping Tbsp. Tomato Paste
- 2 Tbsp Red Wine Vinegar
- 1 Tbsp Worcestershire Sauce
- 1 Tbsp Liquid Smoke
- 1 Tbsp Yellow Mustard
- 1 Tbsp A-1 Steak Sauce
- 1 lb Soy Crumbles
- 1/4 cup of water
- 1/4 tsp of Black Pepper

Sauté onion, bell pepper & garlic in olive oil until tender.  
Add the rest of ingredients and simmer for a few minutes.  
Add Soy Crumbles & simmer until heated through.