



Makes 4 sandwiches
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

1 8-oz. package fresh button mushrooms, finely chopped

1 cup chopped onion

2 cloves garlic, minced

4 oz. tempeh, crumbled

1 cup cooked wheat berries

1 14.5-oz. can no-salt-added diced tomatoes, undrained

½ cup low-sugar barbecue sauce

2 cups shredded red cabbage

1 cup chopped fresh pineapple

¼ cup sliced scallions

2 tablespoons brown rice vinegar

4 100% whole wheat hamburger buns, toasted

Tempeh BBQ Sandwiches with Pineapple Slaw

This saucy sandwich is the perfect dish to serve at your next plant-based BBQ. Meaty mushrooms, tempeh crumbles, and wheat berries are simmered in a smoky-sweet barbecue sauce that's enhanced with chunks of tender tomato for the perfect sloppy Joe-style filling. A simple slaw of red cabbage, fresh pineapple, and scallions pairs perfectly with the tangy flavors to create a sandwich you'll want to make again and again. Serve this hearty sammie alongside a [hearty pasta salad](#) or [refreshing summertime soup](#) to turn it into a full-on feast when you have guests to impress!

By Nancy Macklin, RDN

- 1 In a large skillet cook mushrooms, onion, and garlic over medium 5 to 8 minutes or until tender. Add tempeh and wheat berries; mix well. Stir in tomatoes and barbecue sauce. Reduce heat to low; simmer 5 to 8 minutes or until slightly thickened.
- 2 Meanwhile, for slaw, in a medium bowl toss together cabbage, pineapple, scallions, and vinegar.
- 3 Spoon mushroom mixture on bun bottoms. Top with slaw and bun tops.