



Makes 6 stuffed pita halves
Cook Time: 30 minutes

INGREDIENTS:

1 cup dry bulgur
1 cup finely chopped onion
½ cup finely chopped green bell pepper
½ cup finely chopped celery
2 cloves garlic, minced
1¾ cups oil-free barbecue sauce
1 Tbsp. reduced-sodium soy sauce or tamari
Sea salt, to taste
Freshly ground black pepper, to taste
3 whole grain pita bread rounds

Sloppy Joe Pitas

Yes, you can have vegan sloppy Joes! This saucy, plant-strong recipe features bulgur as the star ingredient, and it all comes together in just 30 minutes. Sloppy Joes are a lot easier to eat stuffed into a pita than piled on a traditional bun. Look for store-bought barbecue sauce that's oil-free, or [make your own](#).

From *The Forks Over Knives Plan*

By Del Sroufe

- 1** In a small saucepan bring 2 cups water to boiling. Stir in bulgur. Return to boiling; remove from heat. Cover and let stand at least 15 minutes. Drain off any remaining liquid.
- 2** Meanwhile, in a large skillet cook onion, bell pepper, and celery over medium 7 to 8 minutes, stirring occasionally and adding additional water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add garlic; cook 1 minute or until softened.
- 3** Stir in bulgur, barbecue sauce, and soy sauce. Reduce heat to medium-low. Cook 10 minutes.
- 4** In a dry skillet heat pita rounds, one at a time, on both sides until warm. Cut in half crosswise and fill with bulgur mixture.