



NUTRITION *per serving* 99g carbohydrates 23g fat 16g protein 1698mg sodium | CONTAINS gluten, dairy, nuts | vegetarian



Calories
652

Prep & Cook Time
25-35 min.

Cook Within
7 days

Difficulty
Easy

Spice Level
Not Spicy

IN YOUR BOX

14 oz. Sweet Potato
6 oz. Button Mushrooms
1 Shallot
1 ½ oz. Walnut Halves
2 Garlic Cloves
2 Tbsp. Taco Seasoning
4 oz. Crushed Tomatoes
1 oz. Ketchup
½ oz. Honey
4 Texas Toast Slices

IN YOUR KITCHEN

Olive Oil
Salt
Pepper
Cooking Spray
Baking Sheet
Large Non-Stick Pan
Mixing Bowl

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Veggie Sloppy Joes

with sweet potato rounds

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Preheat oven to **450 degrees**
- ❑ Thoroughly rinse produce and pat dry
- ❑ Prepare a baking sheet with foil and cooking spray

FROM THE CHEF

Watch sweet potatoes closely, as thin slices may bake at different times depending on your oven.

Did you know...

Loose meat sandwiches, unshaped ground beef between two buns, were a fixture of diners during the last century. Credit goes to a line cook in Sioux City, Iowa, who thought to add tomato sauce with sweet and smoky spices to it. His mother probably called him Joseph, and little is known about his neatness, or lack thereof. But ever since, sloppy Joes have been a beloved favorite of the American dinner table.



1

Prepare the Ingredients

Peel and cut **sweet potato** into thin rounds. Finely chop **mushrooms**. Peel and mince **shallot**. Coarsely chop **walnuts**. Mince **garlic**.



2

Roast the Sweet Potato Rounds

Using your hands, coat **sweet potato rounds** with 1 Tbsp. **olive oil**, ¼ tsp. **salt**, and a pinch of **pepper** on prepared baking sheet. Spread into a single layer and roast 20 minutes. Flip potatoes and roast until browned, 4-6 minutes. While sweet potatoes roast, cook mushrooms.



3

Cook the Mushrooms

Place a large non-stick pan over medium-high heat. Add 1 Tbsp. **olive oil**, **mushrooms**, ¼ tsp. **salt**, and a pinch of **pepper** to hot pan. Cook, stirring occasionally, until mushrooms release their liquid, 4-6 minutes.



4

Cook the Sloppy Joe

Add **shallot**, **walnuts**, and **taco seasoning** to pan and cook until fragrant, 1 minute. Add **crushed tomatoes**, ¾ cup **water**, **ketchup**, and **honey**. Reduce heat to medium and cook, stirring occasionally, until thickened, 3-5 minutes. Remove from burner and set aside.



5

Toast the Texas Toast

Combine **garlic** and 1½ Tbsp. **olive oil** in a small mixing bowl and brush on one side of **Texas toast slices**. Place directly on oven rack and toast until golden brown, 4-6 minutes.



6

Plate the Dish

Place **Texas toast** on a plate garlic side up and top with **sloppy Joe** and second piece of toast. Place **sweet potato rounds** on the side. Serve with napkins. (You'll need 'em!)