



The Micheff Sisters

“It’s A Wrap” (6/8/16)

Spicy Sloppy Joe Wraps

Ingredients:

1 cup	water
1 cup	celery – diced fine
1 cup	green onions – sliced fine
1 cup	mixed yellow, red, and orange peppers
¼ tsp.	red pepper flakes
1 ½ cup	ketchup
¼ cup	Bragg Liquid Aminos
1 -12 oz. pkg.	Yves Veggie Ground
8 T	Grapeseed Vegenaize – optional
8	wraps



Directions:

Sauté the celery, green onions and peppers in a skillet that has been sprayed with non-stick cooking spray. Add the rest of the ingredients and simmer until celery, onions, and peppers are done and sloppy Joes are hot and bubbly. Spread each wrap with 1 T Vegenaize and put ¼ cup sloppy Joe mixture in each wrap. May add vegan cheese if desired.

Yield: 8 – ½ cup servings

Linda Johnson