

VEGGIE JOES

INGREDIENTS:

- 1 Quart mushrooms, chopped fine or minced
- 1 Cup onion and green pepper chopped fine
- 1 cup cubed zucchini
- 1 tsp. mustard (yellow)
- 1/2 tsp garlic powder
- 1 Teaspoon chili powder
- 1/2 teaspoon celery seed
- 1/4 cup water
- 1 TBSPL Muscovado or Turbinado sugar
- 2 TBSPs Worcestershire sauce
- 1 1/2 cup ketchup (Sir Kensingtons or HOMEMADE)
- 1 TBLSP Grapeseed oil

DO THIS:

Saute veggies in oil until tender.

Add water, sugar and all spices, ketchup, and worchestershire sauce.

Season with salt and pepper. Simmer 20 minutes on low heat.. Serve on rolls, and add some baked potato chips, or zucchini fries as a side.

