

Vegan BBQ Slider

Pampered Chef
Independent Consultant

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Ingredients

- 1 bulk carrot, peeled and cut into thirds
- 1 sweet potato, ends trimmed and cut in half
- ½ red onion
- ¼ tsp (1 mL) salt
- 12 vegan slider buns
- 12 dill pickle slices (optional)
- ⅓ cup (75 mL) yellow mustard
- ⅓ cup (75 mL) apple cider vinegar
- 1–2 garlic clove, prAssed
- ¼ cup (50 mL) tomato paste
- 2½ tbsp (37 mL) light brown sugar
- ½ tsp (2 mL) reduced-sodium soy sauce
- ¼ tsp (1 mL) paprika
- ¼ tsp (1 mL) black pepper
- ⅛ tsp (0.5 mL) cayenne pepper

Methods

- Spiralize the carrot and the sweet potato with the fettuccine blade on the Veggie Spiralizer. Then spiralize the red onion with the ribbon blade.
- Snip all the vegetables into shorter pieces with the Professional Shears.
- Place the vegetables in the Deep Covered Baker. Sprinkle with salt and mix well to combine with the Large Chef's Tongs.
- Microwave, covered, on HIGH, 12–14 minutes, or until the vegetables are very tender.
- Meanwhile, prepare the barbecue sauce by whisking all the sauce ingredients together in a medium bowl.
- Remove the baker from the microwave. Pour the sauce over the vegetables and mix well with the tongs.
- Microwave, covered, for 1½–2 minutes, or until the sauce starts to thicken and the mixture is warmed through.
- Place the vegetable mixture on buns and top with dill pickle slices.

Yield:

6 servings

Nutrients per serving:

U.S. Nutrients per serving (2 sliders): Calories 280, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 580 mg, Carbohydrate 53 g, Fiber 4 g, Sugars 15 g, Protein 10 g

Cook's Tips:

Large bulk carrots, also called juicing carrots, work the best in the Veggie Spiralizer. If you can't find a carrot that's large enough, you can grate two smaller ones with the Veggie Strip Maker.

A South Carolina barbecue sauce has a mustard base, and gets a dose of tanginess from vinegar. You can also make this recipe with about 1 cup (250 mL) of your favorite barbecue sauce.



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4.9 ★★★★★

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