

# Bar-B-Q Chicken Sandwich

## Bar-B-Q Sauce

2/3 c lemon juice

½ c water

½ c brown sugar

1 can (6 ounces) tomato paste

2 T non-hydrogenated margarine

2 t chili powder

1 t liquid smoke

1 t molasses

½ t salt

## Finish it Off

1 T oil

3 c prepared Soy Curls (see below) or other chicken substitute

½ med. Onion, sliced

½ med. Pepper, green or red, sliced

6 whole grain buns, toasted if desired

1. Mix Bar-B-Q sauce ingredients together in a medium saucepan; bring to a boil over high heat. Reduce to a simmer and cook until thickened and slightly reduced, about 30 minutes.
2. Heat oil in a large saucepan over medium heat; add onions and peppers. Cook until softened; add prepared Soy Curls and mix well
3. Pour Bar-B-Q Sauce over Soy Curls mixture; cook until thick and bubbly, about 10 minutes.
4. Serve on toasted bun.

## How to Prepare Soy Curls

4 c hot water

3 c Soy Curls

1 T oil

1 small onion, diced

¼ c Chicken Style Seasoning

Salt to taste

1. Soak Soy Curls in hot water 10 minutes. Drain.
2. Saute Soy Curls, onion, and Chicken Style Seasoning in a small amount of oil until dark brown.

Taken from *Give Them Something Better*, Healthy Plant-Based Meals the Whole Family Will Love  
By Sarah Frain and Stephanie Howard