

## **Portabella Sloppy Joe**

**2 large Portabella mushroom caps or 1 small container of Baby Bellas (portabellas) (diced )**

**1 cup sour kraut**

**½ cup your favorite barbeque sauce**

**2 tbs molasses**

**1tsp olive oil (use a small amount of water if you want low fat)**

*Finely dice and cook the portabellas in a medium heat skillet till tender. (about 10 min)*

*Drain any remaining liquid.*

*Add sour kraut (drained), BBQ sauce and molasses and stir to mix heat thoroughly and serve over toast or on buns like sloppy joes.*