

LENTIL SLOPPY JOE'S

Ingredients:

- ½ cup dried brown lentils or 1-15 ounce cans of lentils
- 1 ½ cups water
- 1 bay leaf
- ½ green bell pepper diced
- ½ yellow onion diced
- ½ can tomato sauce
- 2 tbsp ketchup
- 1 tablespoon mustard
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ tablespoon apple cider vinegar
- 2 tbsp water
- Burger buns or dinner rolls
- Pickles-Optional



Instructions:

1. Rinse and drain lentils. Cover lentil with water and cook in rice cooker or stovetop. Add a pinch of salt and bay leaf. Once cooked discard bay leaves.
2. Whisk together ketchup, tomato sauce, mustard, garlic powder, paprika, apple cider vinegar, and water.
3. Saute the bell pepper and onion over medium heat until they soften.
4. Add the cooked lentils and sauce to pepper and onions. Stir and allow to simmer for 5 to 10 minutes. Season to taste.
5. Serve on a burger bun or make mini sliders. Top with coleslaw and optional pickles. Enjoy!

*** Cut recipe for smaller serving size. This keeps for about 1 week in fridge or freeze.

EASY COLESLAW

Ingredients:

- 1.5 cups cabbage thinly sliced or bag of coleslaw mix
- 1 carrot shredded
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 2 tbsp apple cider vinegar
- ¼ teaspoon cayenne pepper
- Optional 2 tbsp mayonnaise for creamy consistency



Instructions:

1. Shred cabbage and carrot and toss into a bowl.
2. Toss cabbage and carrot with apple cider vinegar, salt, pepper, cayenne and mayo if adding it. Season to taste.
3. Refrigerate it until ready to use.
4. Add to top sloppy joes and refridgerate the leftovers.

Nutrition Facts

Lentil Sloppy Joe's topped with Coleslaw

Makes about 3 servings

Serving Size: 1 sandwich

Nutrition break down per serving

Calories: **287 kcal**, Carbohydrates: **53 g**, Protein: **14 g**, Fat: **2 g**, Saturated Fat: **0.5 g**, Sodium: **563 mg**, Fiber: **13 g**, Sugar: **11 g**