



Lentil Sloppy Joes



Ingredients



- 3 1/2 cups of water
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 Tbsp. chili powder
- 1 Tbsp. cumin
- 1 1/2 cups dry lentils
- 1 15 oz. can diced tomatoes
- 2 Tbsp. soy sauce
- 2 Tbsp. Dijon mustard
- 2 Tbsp. brown sugar
- 1 tsp. rice vinegar
- 1 tsp. Worcestershire sauce (optional)
- 1 tsp. salt
- 1 tsp. pepper



Directions



Yield: 6 sandwiches **Serving size:** 1 sandwich (6 oz.)

Total cost: \$4.45 **Serving cost:** \$0.75

1. Place 1/2 cup water or stock in large pot over medium high heat
2. Add onions and bell pepper. Cook for 5 minutes, or until onions soften
3. Add chili powder and cumin. Mix well
4. Add remaining liquid, dry lentils, tomatoes, and rest of ingredients
5. Mix well, bring to a boil, reduce heat, cover and cook over low heat for 45 minutes, until lentils are soft, stir occasionally
6. Serve with a whole wheat bun and your favorite sloppy joe toppings

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- Add in any additional veggies you have on hand, like carrots or peas
- Top with your favorite vegetables, BBQ sauce, or ketchup
- Cole slaw and pickles are also great sloppy joe toppings

Nutrition Facts

6 servings per container
Serving size 1 Sandwich (6 oz.)

Amount Per Serving	
Calories 230	
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 870mg	38%
Total Carbohydrate 43g	16%
Dietary Fiber 8g	29%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 4.86mg	25%
Potassium 658mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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