

Lentil Sloppy Joes



- 3 1/2 cups of water
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 Tbsp. chili powder
- 1 Tbsp. cumin

Directions

- 1 1/2 cups dry lentils
 1 tsp. rice vinegar
 1 15 oz. can diced tomatoes
 1 tsp. Worcestershire sauce (optional)
 2 Tbsp. soy sauce
 1 tsp. salt
 - 2 Tbsp. Dijon mustard 1 tsp. pepper

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

2 Tbsp. brown sugar



- 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

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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 F	acts
6 servings per container	
Serving size 1 Sandw	vich (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 serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	

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Featured Food Groups		THE KITCHEN (A) 26 HARVEST
Protein Vegetables Protein Choose MyPlate.gov	6 servings pe Serving size Amount Per Se Calories Total Fat 1.5g Saturated Fat Trans Fat 0g	1 Sandwich (6 oz.) rving 5 230 % Dally Value* 2%
Cooking Tips ⊵_	Cholesterol 0m Sodium 870mg Total Carbohyd Dietary Fiber Total Sugars	38% rate 43g 16% 8g 29%
• Add in any additional veggies you have on hand, like carrots		g Added Sugars 6% 28%
or peas	Vitamin D 0mcg	0%
Too with your favorite vegetables BBO saves or betchur	Calcium 78mg	6% 25%
• Top with your favorite vegetables, BBQ sauce, or ketchup	Iron 4.86mg Potassium 658m	
• Cole slaw and pickles are also great sloppy joe toppings	*The % Daily Value (D	DV) tells you how much a nutrient in a but