



# Lentil Sloppy Joes



## Ingredients



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



## Directions



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 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 bun and your favorite sloppy joe toppings

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Lentil Sloppy Joes



## Ingredients



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



## Directions



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 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 bun and your favorite sloppy joe toppings

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



This Recipe Provides



Protein    Vitamin C    Fiber    Iron    Low Fat    Vitamin A

Cooking Tips



- Top with your favorite vegetables, BBQ sauce, or ketchup
- Cole slaw and pickles are also great sloppy joe toppings

Nutrition Facts



Nutrition Facts	
Serving Size (465g)	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 16
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.7g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> -1mg	<b>0%</b>
<b>Potassium</b> 1115mg	<b>32%</b>
<b>Sodium</b> 1173mg	<b>49%</b>
<b>Total Carbohydrate</b> 59.3g	<b>20%</b>
Dietary Fiber 25.3g	<b>101%</b>
Sugars 0g	
<b>Protein</b> 21.3g	<b>43%</b>
Vitamin A 49%	Vitamin C 131%
Calcium 8%	Iron 37%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts

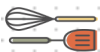


This Recipe Provides



Protein    Vitamin C    Fiber    Iron    Low Fat    Vitamin A

Cooking Tips



- Top with your favorite vegetables, BBQ sauce, or ketchup
- Cole slaw and pickles are also great sloppy joe toppings

Nutrition Facts



Nutrition Facts	
Serving Size (465g)	
Amount Per Serving	
<b>Calories</b> 330	Calories from Fat 16
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.7g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> -1mg	<b>0%</b>
<b>Potassium</b> 1115mg	<b>32%</b>
<b>Sodium</b> 1173mg	<b>49%</b>
<b>Total Carbohydrate</b> 59.3g	<b>20%</b>
Dietary Fiber 25.3g	<b>101%</b>
Sugars 0g	
<b>Protein</b> 21.3g	<b>43%</b>
Vitamin A 49%	Vitamin C 131%
Calcium 8%	Iron 37%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	
	Calories    2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2400mg    2400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!