



Lentil Sloppy Joes



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- 1 tablespoon olive oil
 - 1 medium bell pepper, chopped
 - 1 small onion, chopped
 - 1/2 cup water
 - 1 cup low-sodium vegetable broth
 - 1 cup dried lentils
 - 1 teaspoon garlic powder
 - 1 can (6 ounces) tomato paste
 - 1/3 cup ketchup
 - 1 tablespoon Worcestershire sauce (optional)
 - 2 tablespoons brown sugar
 - 1 tablespoon chili powder
 - 1 tablespoon Dijon mustard (or yellow)
 - 8 whole-wheat hamburger buns
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.

3. Over medium heat, add oil to a medium-sized pot. Sauté bell pepper and onions until softened, about 4 minutes.
4. Add water, broth, and lentils. Bring to a boil. Reduce heat and simmer.
5. Cover and cook for 25 minutes.
6. Stir in garlic powder, tomato paste, ketchup, Worcestershire sauce, brown sugar, chili powder, and mustard.
7. Enjoy the finished sloppy joe mixture on a bun.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 lentil burger
Cost per recipe: \$6.20
Cost per serving: \$0.78

Nutrition facts per serving:
 320 calories; 4.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 480mg sodium; 55g total carbohydrate; 11g dietary fiber; 13g total sugars; 6g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 20% Daily Value of iron; 15% Daily Value of potassium

Source:
 Adapted from <https://www.spendwithpennies.com/lentil-sloppy-joes>

