



Lentil Sloppy Joes & Fresh Slaw

Ingredients

SLOPPY JOE FILLING:

- 1 cup uncooked green lentils, rinsed
- 2 cups water
- 2 tbsp neutral oil like canola
- 1 medium onion, diced
- 1/2 bell pepper, diced
- 3 cloves garlic, minced
- 1 cup ketchup
- 1/2 cup water
- 2 tbsp tomato paste
- 2 tbsp apple cider vinegar
- 2 tbsp brown sugar
- 1 tbsp yellow mustard
- 2 tbsp soy sauce or tamari
- 4 tbsp smoked paprika
- 1 tsp cayenne pepper
- 1 1/2 tsp kosher salt

FRESH SLAW:

- 4 cups shredded green or red cabbage
- 1 medium carrot shredded
- 1/2 bell pepper, thinly sliced
- 1/2 cup white or apple cider vinegar
- 2 tbsp sugar
- 2 tsp kosher salt
- 1/2 tsp black pepper

SERVING:

- hamburger buns
- cheddar cheese

Procedure

1. Add lentils and water to a medium pot, and bring to a boil.
2. Once it's boiling, reduce heat to a simmer, place lid on pot, and simmer for 17 minutes, or until lentils are tender, but not mushy.
3. Drain excess liquid and reserve lentils for later.
4. Sauté onion and pepper in oil over medium heat with a pinch of salt until they're soft and translucent, stirring frequently, about 6-7 minutes.
5. Add the garlic, and cook for 30 seconds, stirring frequently.
6. Stir in ketchup, water, tomato paste, vinegar, brown sugar, mustard, soy sauce or tamari, smoke paprika, cayenne pepper, and salt.
7. Bring to simmer over low heat and simmer for 10 minutes.
8. Add cooked lentils and bring back up to a simmer for 10 more minutes.
9. Serve on toasted buns with desired toppings and fresh slaw.

Yield & Cook Time

- Yield | 4 cups of lentil sloppy Joe filling
- Prep | 15 min
- Cook | 30 min
- Ready | 45 min

Tools

- measuring cups
- measuring spoons
- knife
- cutting board
- vegetable peeler
- medium lidded pot
- colander