



Lentil Sloppy Joes

Prep Time: 5 minutes
Cook Time: 25 minutes
Total Time: 30 minutes
Yield: 4 servings (1 serving=1 cup)

Ingredients

- 2 cups low sodium vegetable broth
- 1 cup dried green lentils, well rinsed
- 1 Tbsp. olive oil
- 1/2 medium yellow onion, minced
- 2 garlic cloves, minced
- 1/2 green bell pepper, diced
- pinch of sea salt and black pepper, to taste
- 1 15 oz can tomato sauce
- 1 Tbsp. maple syrup
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. smoked paprika



Nutrition Facts	
4 servings per container	
Serving size 1 serving (321g)	
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 5g	7%
Saturated Fat 1.0g	4%
Trans Fat 0g	
Cholesterol 15mg	4%
Sodium 210mg	9%
Total Carbohydrate 42g	15%
Dietary Fiber 17g	61%
Total Sugars 9g	
Protein 15g	
Vit. D 0mcg 0%	• Calcium 61mg 4%
Iron 5mg 30%	• Potas. 620mg 15%

*Nutrition facts reflect the lentil sloppy joe only and does not include the bun and other toppings.

Directions

1. To a small saucepan, add vegetable broth and rinsed green lentils. Heat over medium-high heat to a boil, then reduce to a simmer and cook covered for 18–20 minutes, or until tender. Drain off any excess liquid and set aside.
2. In the meantime, heat oil over a large skillet over medium heat. Add onion, garlic, and bell pepper. Season with a pinch of salt and pepper. Sauté for 5 minutes, stirring frequently until peppers and onions are tender.
3. Add tomato sauce, maple syrup, Worcestershire sauce, chili powder, cumin, and paprika. Stir to combine.
4. Once the lentils are cooked, add them to the skillet and stir to combine.
5. Cook mixture over medium-low heat until warmed (~5–10 minutes). Taste and adjust flavor as needed.
6. Serve mixture on toasted buns or in lettuce wraps.

*If using this recipe as part of your meal plan: 1 serving is equivalent to 2 protein servings and 1 starch serving.