

Sloppy Joe's

with dry lentils

- This recipe is a heart healthy version of the ground meat and canned sauce classic dish.
- Lentils are a great source of protein, fiber and iron. They do not need to be soaked before cooking and can be ready to eat in 20 minutes.
- Need meat? Trying making this dish with half meat (lean ground beef or turkey) and half lentils to boost the nutrition of your meal. Add ground meat to sautéing onions.
- No tomato sauce in your pantry? Substitute crushed tomatoes (15oz.) or mix 1- 6oz. can (3/4 cup) tomato paste with 1 cup of water to make tomato sauce
- Use green, brown or French lentil varieties.
- Serve on a whole grain bun, over rice or pasta (elbows, bowties or small variety).

Nutrition Facts

8 servings per container

Serving size 1/2 cup

Amount per serving

Calories 100

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 440mg 19%

Total Carbohydrate 19g 7%

Dietary Fiber 4g 14%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 2mg 10%

Potassium 211mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 8 Prep time: less than 1 hour



Ingredients:

- 1 1/4 cups dry lentils, picked over and rinsed
- 1 Tablespoon olive, canola or vegetable oil
- 1 onion, chopped (about 2 cups)
- 1 (15oz. can) tomato sauce
- 1/4 cup yellow mustard
- 1/4 cup barbeque sauce
- 1 Tablespoon ground cumin
- 1 Tablespoon chili powder
- 1 Tablespoon garlic powder

Directions:

1. Rinse dry lentils in a colander with running water. Pick out any non-lentil items. Cook according to package directions, about 20-25 minutes. Drain off extra liquid.
2. While lentils cook, chop onions and mix sauce.
3. For sauce, add tomato sauce, mustard, barbeque sauce, cumin, chili powder and garlic powder to a medium bowl. Mix until combined. Set aside.
4. In a large skillet, heat oil over medium high heat. Add onions and sauté for 5- 7 minutes, until clear and lightly browned.
5. Add cooked lentils and sauce to the cooked onions..
6. Reduce heat to medium and simmer for about 10 minutes, or until sauce is thick.
7. Serve hot over rice, pasta or a toasted whole grain bun.