



Easy Lentil Sloppy Joes

SERVINGS: 6

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 1 cup uncooked lentils, rinsed and sorted to remove debris
- 4 cups broth or water
- 2 teaspoons oil
- 1/2 medium onion, diced
- 1 bell pepper, diced (any color)
- 2 garlic cloves, minced
- 2 tablespoons chili powder
- 1 can (15 ounces) no-salt-added tomato sauce
- 3 tablespoons ketchup
- 3 tablespoons yellow mustard
- 2 tablespoons honey or syrup
- Salt and pepper to taste

Nutrition info per
1/2 cup serving:
186 calories
9 g protein
3 g total fat
0 g saturated fat
35 g carbohydrates
6 g fiber
330 mg sodium

Directions

1. In a medium pot, add lentils and broth/water. Cover and bring to a boil, then lower heat and simmer for 18-20 minutes or until lentils are tender. (Note: some varieties of lentils may have shorter cook times - follow package instructions.) Drain liquid and set cooked lentils aside.
2. While lentils are cooking, heat oil a large skillet over medium heat. Add onion, bell pepper, and garlic and cook until tender, stirring often.
3. Add chili powder, tomato sauce, ketchup, mustard, and honey/syrup to skillet and stir to combine. Add in cooked lentils, stir, and season with salt and pepper.
4. Serve on buns. Store leftovers in an airtight container in the fridge for 3-4 days or freezer for up to 2 months.