



Lentil Sloppy Joe

Equipment needed: sauce pan, stove top

Yield: 4 – 5½ oz sandwiches

Ingredients

2 cups	#618584 French Green Lentils	1 tbs	tomato paste
4	brioche buns	1 tsp	dark brown sugar
½ oz	cooking oil	1 tsp	chili powder
½ cup	diced green bell pepper	¼ tsp	paprika
¼ cup	diced white onion	¼ tsp	pepper
1 tbs	minced garlic	1 tsp	beef base or vegetable base
1 cup	ketchup		
1 tbs	yellow mustard		
1 tbs	Worcestershire sauce or soy sauce if vegan		

Preparation

- 1) Heat oil in saucepan over medium heat
- 2) Add bell pepper and onion, saute for 2 minutes. Add garlic and saute 1 more minute.
- 3) Stir in ketchup, mustard, Worcestershire, tomato paste, brown sugar, chili powder, paprika, pepper and beef or vegetable base
- 4) Stir all ingredients and simmer on low for 5 minutes
- 5) Stir in lentils and continue to simmer until lentils are hot
- 6) Serve on brioche bun