

Sloppy Joe Lentils

Ingredients

1 TB Olive Oil	2 TB brown sugar	Add all ing slow cooke
1 medium size onion	1 TB prepared mustard 2 TB Worcestershire	Cook on hi on low for
1 small red or green pepper	sauce 1 tsp salt	<u>To serve:</u>
1 TB chili powder	1 1/2 c dried lentils	Serve on to coleslaw.
1/2 tsp cumin	One 14.5 oz can crush tomatoes	Eat right o
1/4 tsp dried garlic	2 1/2 c water	Sprinkle cł
1 tsp salt		
		S.Glenn MS



Method of Preparation

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toasted rolls with side of

out of bowl like chili.

cheese on top!

, RD, LDN, Campus Dietitian



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Add all ingredients to the 3 1/2 quart slow cooker.

Cook on high for 4 hours or slow cook on low for 8 hours.

To serve:

Serve on toasted rolls with side of coleslaw.

Eat right out of bowl like chili.

Sprinkle cheese on top!

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Sloppy Joe Lentils Variations

For more intense flavor, sauté all vegetables in oil with dry spices on low heat for 3-5 minutes before adding to crockpot.

For spicier version, add 1/2 can of 7 oz can of Chipotle peppers. Freeze left over chipotle peppers in zip lock for another recipe.

For richer texture, swap 2 TB of brown sugar for 2 TB molasses.

Add other vegetables such as 1/2 cup chopped carrots, parsnips or celery. Add sliced mushrooms or a small bag frozen mixed vegetables.

Happy Eating!

Sarena

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