

# **Sloppy Joe Lentils**

# Ingredients

| 1 TB Olive Oil                 | 2 TB brown sugar                             | Add all ing<br>slow cooke |
|--------------------------------|----------------------------------------------|---------------------------|
| 1 medium size<br>onion         | 1 TB prepared mustard<br>2 TB Worcestershire | Cook on hi<br>on low for  |
| 1 small red or<br>green pepper | sauce<br>1 tsp salt                          | <u>To serve:</u>          |
| 1 TB chili<br>powder           | 1 1/2 c dried lentils                        | Serve on to coleslaw.     |
| 1/2 tsp cumin                  | One 14.5 oz can crush<br>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**

gredients to the 31/2 quart er.

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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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| 1 tsp salt           |                                   |
|                      |                                   |



#### 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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