



Sloppy Joe Lentils



Ingredients

1 TB Olive Oil	2 TB brown sugar
1 medium size onion	1 TB prepared mustard
1 small red or green pepper	2 TB Worcestershire sauce
1 TB chili powder	1 tsp salt
1/2 tsp cumin	1 1/2 c dried lentils
1/4 tsp dried garlic	One 14.5 oz can crush tomatoes
1 tsp salt	2 1/2 c water

Method of Preparation

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!

S.Glenn MS, RD, LDN, Campus Dietitian



Sloppy Joe Lentils



Ingredients

1 TB Olive Oil	2 TB brown sugar
1 medium size onion	1 TB prepared mustard
1 small red or green pepper	2 TB Worcestershire sauce
1 TB chili powder	1 tsp salt
1/2 tsp cumin	1 1/2 c dried lentils
1/4 tsp dried garlic	One 14.5 oz can crush tomatoes
1 tsp salt	2 1/2 c water

Method of Preparation

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!

S.Glenn MS, RD, LDN, Campus Dietitian



Sloppy Joe Lentils



Ingredients

1 TB Olive Oil	2 TB brown sugar
1 medium size onion	1 TB prepared mustard
1 small red or green pepper	2 TB Worcestershire sauce
1 TB chili powder	1 tsp salt
1/2 tsp cumin	1 1/2 c dried lentils
1/4 tsp dried garlic	One 14.5 oz can crush tomatoes
1 tsp salt	2 1/2 c water

Method of Preparation

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!

S.Glenn MS, RD, LDN, Campus Dietitian



Sloppy Joe Lentils



Ingredients

1 TB Olive Oil	2 TB brown sugar
1 medium size onion	1 TB prepared mustard
1 small red or green pepper	2 TB Worcestershire sauce
1 TB chili powder	1 tsp salt
1/2 tsp cumin	1 1/2 c dried lentils
1/4 tsp dried garlic	One 14.5 oz can crush tomatoes
1 tsp salt	2 1/2 c water

Method of Preparation

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!

S.Glenn MS, RD, LDN, Campus Dietitian

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

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

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

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