# Recipe for LENTIL SLOPPY JOE

EQUIPMENT NEEDED large skillet, medium bowl, strainer, knife, cutting board, small pot, spoon

SERVES 3-4 ESTIMATED COST $6.50 COST PER SERVING $2.15

## INGREDIENTS

- 2 cups water or broth
- 1 cup red lentils, washed and rinsed
- 1 tbsp cooking oil (e.g., olive, grapeseed)
- 1 bag frozen celery, carrots, onion
- 2-3 garlic cloves, minced or 1 tbsp garlic powder
- 1 tsp cumin, ground (optional)
- 1 tsp mustard seed, ground OR ½ tbsp mustard (e.g. yellow, dijon, whole grain)
- ½ tsp oregano, dried (optional)
- 2 tbsp Worcestershire OR soy sauce
- 1 ea 15oz can diced tomatoes (e.g. fire roasted, plain, Italian)
- To taste, salt and pepper
- 4 wheat buns

Toppings (optional):

- Cheese + Mustard
- Mustard + Chopped onion

## METHOD OF PREPARATION

1. In a small saucepan, add water and bring to a boil over high heat. Once boiling, add lentils and reduce heat to medium-low for a gentle simmer.
2. Cook uncovered, stirring occasionally, for 7-10 minutes, or until just tender. You want them to be cooked through but not mushy. Drain well and set aside.
3. In a large skillet, warm oil over medium heat. Add frozen vegetable mix (onions, carrots, celery), garlic and a pinch of salt. Sauté 3-5 minutes.
4. Add cooked lentils, cumin, mustard seed, oregano, Worcestershire or soy sauce and a pinch of pepper and stir for 2 minutes.
5. Add diced tomato and simmer for 15 minutes.
6. Serve on a bun and top with mustard and raw onion, or with cheese and enjoy!

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# Recipe for LENTIL SLOPPY JOE

## NUTRITION INFORMATION

**Lentil Sloppy Joe**

**Nutrition Facts**

| Serving Size | 1 Serving |
|---|---|
| **Amount Per Serving** | |
| **Calories** | **294.8** |
| | **% Daily Value*** |
| **Total Fat** | 17.2 g 22 % |
| Saturated Fat | 1.6 g 8 % |
| Trans Fat | 0 g |
| **Cholesterol** | 0 mg 0 % |
| **Sodium** | 291.8 mg 13 % |
| **Total Carbohydrate** | 29.5 g 11 % |
| Dietary Fiber | 3.9 g 14 % |
| Total Sugars | 6.1 g |
| Added Sugars | 2.2 g 4 % |
| **Protein** | 8 g |
| Vitamin D | 0 mcg 0 % |
| Calcium | 80.7 mg 6 % |
| Iron | 3.2 mg 18 % |
| Potassium | 339.5 mg 7 % |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## OREGANO IN HEALTH

Oregano has health promoting plant chemicals (phytochemicals) that promote gut health and support through natural antioxidants and anti-microbial properties, improving gastrointestinal health overtime.







## LENTIL HEALTH BENEFITS

Raw, sprouted and cooked lentils are led to known as an abundant source of protein, essential and non-essential amino acids assisting in the prevention of gut-associated diseases, iron deficiency anemia, a good source of prebiotics, and provides minerals (since, copper, manganese and magnesium) in sufficient levels for children and pregnant women.

Recipe provided by LA Dixon

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