

Cal per serving 465
Sodium 1366
cost \$3.10

Delish Lentil Sloppy Joes
Not your Typical Sloppy Joe

Serves 6

LENTILS

2 cups Vegetable Broth
1 cup lentils, well rinsed

SLOPPY JOES

1 Tbsp olive
1/2 yellow onion minced
2 cloves garlic, minced
1/2 green pepper, diced
Sea salt and black pepper to taste
1 15-ounce can tomato sauce
1 Tbsp maple syrup
1 Tbsp Worcestershire sauce
2 tsp chili powder, plus more to taste
1 tsp ground cumin, plus more to taste
optional: pinch smoked or regular paprika

whole-wheat hamburger bun or rice
Top with a slice of avocado

Instructions:

1. To a small saucepan, add liquid and rinsed lentils and heat over medium-high heat.
2. Bring to a low boil, then reduce heat to a simmer and cook uncovered for about 18 minutes, or until tender. The water should have a constant simmer (not boil).
3. In the meantime, heat a large skillet over medium heat. Once hot, add oil, onion, garlic, and bell pepper. Season with a pinch each salt and pepper and stir to combine.
4. Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned.

*Not your typical Sloppy Joe w/ Spring Carrot
Sald*

5. Next add tomato sauce, maple syrup, worcestershire sauce, chili powder, cumin, and paprika. Stir to combine.
6. Once the lentils are cooked, add them to the skillet as well, and stir to combine.
7. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally - about 5-10 minutes.
8. Taste and adjust flavor as needed.
9. Serve the mixture on toasted buns with avocado.

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Spring Carrot Slaw

Serves 6 as a side dish

1/4 cup Dijon mustard

1/4 cup olive oil

3 tablespoons freshly squeezed lemon juice

1 teaspoon salt

Freshly ground black pepper

2 pounds carrots, peeled and shredded (about 6 cups)

1/4 cup thinly sliced scallion

Place the mustard, oil, lemon juice, salt, and a few generous grinds of pepper in a large bowl and whisk to combine. Add the carrots and scallions and toss well to evenly coat.

Cover and refrigerate for at least 30 minutes or overnight to allow the flavors to meld. Taste and season with more salt and pepper as needed before serving.

