

LENTIL SLOPPY JOES

These slightly spicy lentil sloppy joes are a family favorite!

Adapted by Kerry Graff from a recipe by Traci York at Vanilla and Bean

INGREDIENTS:

- **1 cup French green lentils**
These are the really dark ones that stay intact well when cooked
- **4 cups water**
plus additional for sautéing
- **1 tsp. salt, divided**
- **2 cups diced yellow onion** *about 1 medium onion*
- **2 cups diced green bell pepper**
about 1 large pepper
- **2 large cloves of garlic, minced**
- **2 1/2 tbsp. chili powder**
- **1 1/2 tsp. smoky paprika**
- **3 tbsp. tomato paste**
- **1 1/2 cups tomato sauce**
- **1 tbsp. pickle juice** *or other pickling brine, like olive*
- **2 tsp. vegan Worcestershire sauce**
- **3 tbsp. yellow mustard**
- **2-3 tbsp. maple syrup**

OPTIONAL - SERVE WITH:

- *Hamburger buns*
- *Over baked potato or brown rice*
- *Pickles, Tabasco, quick pickled onions, jalapeños, extra mustard and coleslaw*



Photo from cleandanddelicious.com

DIRECTIONS:

1. In a small sauce pot, add the lentils, water and 1/8 tsp salt. Bring to a boil, then turn down to low. Cook for about 20-22 minutes, or until tender. Drain the lentils. Set aside.
2. While the lentils are cooking, heat large sauté pan to medium low temperature. Add the onion and cook for 10 minutes, stirring occasionally and adding 1-2T of water as needed to prevent the onions from sticking to the pan. Add the bell pepper and cook with the onions until everything is softened, stirring occasionally and adding water in small amounts as needed.
3. To the onion/pepper mixture add the garlic, chili powder, paprika and 3/4 tsp salt continuing to cook on low. Stir to coat the veggies. Add the tomato paste, sauce, pickle juice, Worcestershire, mustard and maple syrup. Stir to incorporate. Add the cooked lentils and stir again, cooking on low for 5-10 minutes to warm through and to thicken a bit. Serve with warmed buns and condiments or over baked potatoes.

Store any leftover sloppy lentils in the refrigerator for up to four days or freeze for up to two weeks.