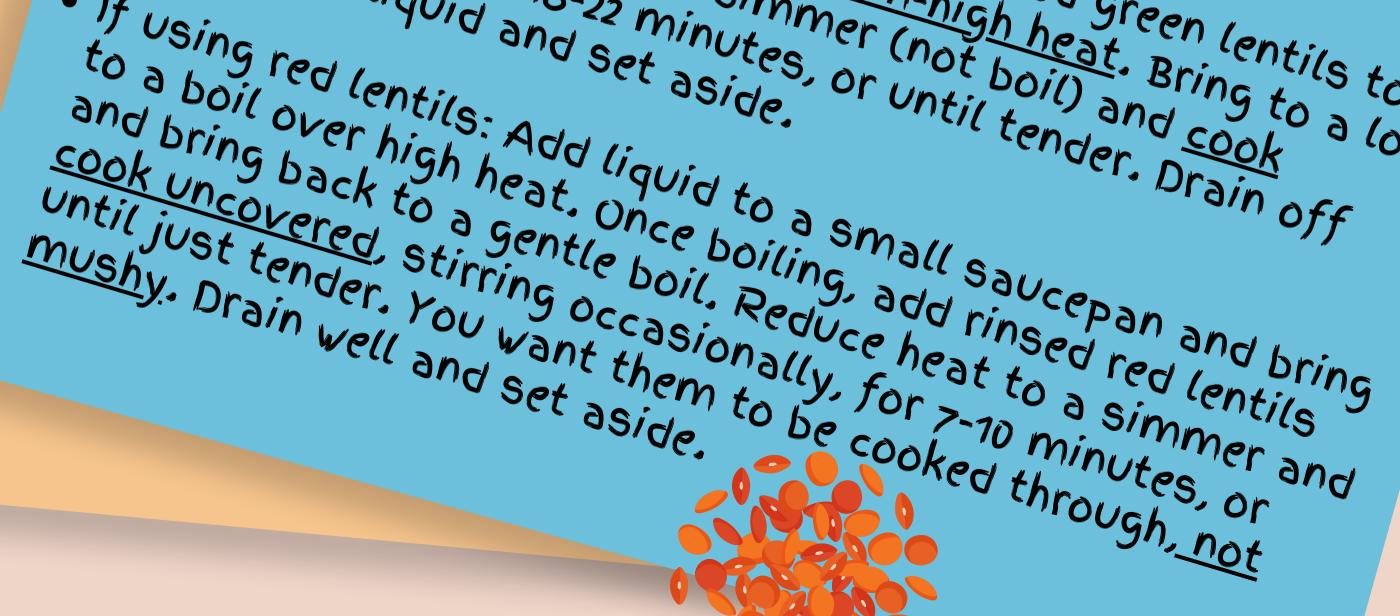


Small saucepan Large skillet Meausuring cup Measuring spoons Chef's knife Cutting board Wooden spoon

2 cups water (or half water, half vegetable INGREDIENTS 1 cup green or red lentils, well rinsed (red lentils for quicker/more tender result or green lentils for more bite/texture) 2 tablespoons olive oil 1/2 medium white or yellow onion, minced 2 cloves garlic, minced 3-5 bananna Peppers, diced kosher salt and black pepper (to taste) 1 (15-ounce) can tomato sauce* 1-2 tablespoons brown sugar, to taste 1-2 tablespoons Worcestershire sauce 1-2 teaspoons chili powder, more to taste 1 teaspoon ground cumin, more to taste 1 pinch smoked or regular paprika (optional)

Step 1: Cook Your Lentils

If using green lentils: Add liquid and rinsed green lentils to a Small saucepan. Heat over medium-high heat. Bring to a low boil, then reduce heat to a simmer (not boil) and cook covered for about 18-22 minutes, or until tender. Drain off any excess liquid and set aside. • If using red lentils: Add liquid to a small saucepan and bring add ringed red lentile





Heat a large skillet over medium. heat. Once hot, add oil, onion, garlic, and banana peppers. Season with a pinch each salt and pepper and stir to sauté for 4-5 minutes, stirring frequently, or until the Peppers and onions are tender and slightly Next add tomato sauce, sugar, Worcestershire sauce, chili Powder, cumin, and Paprika (optional). Stir to Taste and add more spices, Worcestershire or sugar if needed.

Step 2: Make the Sloppy Joe Sauce

Step3: Add Cooked Lentils to the Sauce

- Add the cooked lentils to the skillet with the sauce. Stir • Continue cooking the mixture over medium-low heat until occasionally - about 5-70 minutes.
- · Taste and adjust flavor as needed: add more chili powder and/or cumin for smokiness, salt for saltiness, sugar for sweetness, and/or worcestershire for umami (depth of



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