



Lentil Sloppy Joes

SUPPLIES

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

INGREDIENTS

2 cups water (or half water, half vegetable broth)
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 banana 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 to a boil over high heat. Once boiling, add rinsed red lentils and bring back to a gentle boil. Reduce heat to a simmer and cook uncovered, stirring occasionally, for 7-10 minutes, or until just tender. You want them to be cooked through, not mushy. Drain well and set aside.



- 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 combine.
- Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned.
- Next add tomato sauce, sugar, Worcestershire sauce, chili powder, cumin, and paprika (optional). Stir to combine.
- Taste and add more spices, Worcestershire or sugar if needed.

Step 2: Make the Sloppy Joe Sauce



Step 3: Add Cooked Lentils to the Sauce

- Add the cooked lentils to the skillet with the sauce. Stir to combine.
- Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally - about 5-10 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 flavor).



**Serve &
Enjoy!**

