

## INGREDIENTS

- 2 cups dried lentils, rinsed \*\*
- 2 medium garlic cloves, diced  
OR 1/2 tsp garlic powder
- 1 small bell pepper, diced
- 1 small onion, diced
- 15-16oz canned tomato sauce
- 2 tbsp brown sugar or maple syrup
- 2 tbsp Worcestershire sauce\*\*
- 1 tsp chili powder
- 2 tsp cumin
- pinch of paprika and salt/pepper



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## INSTRUCTIONS

1. Wash all produce before starting and rinse the dried lentils.
2. Get a small saucepan and add 2 cups cooking liquid (water, broth, mix of the 2, etc.) and the lentils. Bring to boil over medium-high heat. Reduce to a simmer. For red lentils: cook for 7-10 minutes until tender. For green lentils: cook for 18-22 minutes until tender. Skip this step if using dried lentils.
3. While the lentils are cooking, heat larger skillet over medium heat. Add oil, onion, and pepper. Cook for a few minutes, then add garlic. Overall, this step takes around 7-10 minutes.
4. To this skillet, add can of tomato sauce, brown sugar, Worcestershire sauce, chili powder, cumin, paprika.
5. Add lentils to the skillet once they are fully cooked.
6. Taste and adjust flavor as needed.
7. Enjoy on your favorite bun!

## Lentil Sloppy Joes



4 servings



30-45

minutes

Need an easy meal for the family or something that can give you yummy leftovers? Look no further than this recipe! Lentils (a cousin to beans) replace ground meat in this classic recipe. Whether you want to work in more plant-based protein or need a way to use up the bag of lentils in your pantry, this recipe will help you out.

### NOTES

\*\*If you are in a time crunch, you can use canned lentils instead of dried lentils (if doing this option, skip step 1). When using dried, keep in mind that dried red lentils cook quicker than green/brown lentils, but they can lose their texture easier. If you do not have Worcestershire sauce, you can substitute with equal amounts of soy sauce.

Adapted from: Minimalist Baker