



Prep time: 15 min **Cook time:** 1 hour

Serving size: about 12 people

LENTIL SLOPPY JOES

INGREDIENTS

- 1 cup chopped onion
- 3/4 cup chopped red bell pepper
- 3 1/3 cup water or veggie broth
- 1 TBSP chili powder
- 1 (14.5oz) can fire roasted diced tomatoes, undrained
- 1 1/2 cup dry brown lentils, rinsed & drained
- 2 TBSP packed brown sugar
- 2 TBSP low salt soy sauce
- 2 TBSP Dijon mustard
- 1 tsp rice vinegar
- 1 tsp Worcestershire sauce
- salt to taste

INSTRUCTIONS

1. In a Dutch oven cook onion & peppers in 1/3 cup of water/ broth for 5 mins or until onions are tender, stirring occasionally .Stir in chili powder.
2. Add remaining 3 cups of water/broth and next 7 ingredients.
3. Bring to boiling; reduce heat. Cover and simmer for one hour, stirring occasionally.
4. Season with salt.
5. Serve on buns or your choice of bread.
6. If desired, add ketchup, red onion, sliced chili pepper or lil mustard.

Vegan friendly



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