



Lentil Sloppy Joes

SERVINGS: 4

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

1/2 lb 90/10 ground beef	15 oz no salt added tomato sauce
2 cups dry lentils, cooked	1 T olive oil
1 T olive oil	1 T honey
2 medium carrots, diced	1 tsp yellow mustard
1/2 onion, white, diced	1 tsp apple cider vinegar
1 garlic clove, minced	1.5 tsp chili powder
1/2 tsp salt	
1/4 tsp ground black pepper	

Directions

- 1.) Wash lentils and add to sauce pan with 2 1/2 cups of water. Simmer for 15 minutes and set aside.
- 2.) Add olive oil to large pan and saute carrots and onions for 3-4 minutes.
- 3.) Add ground meat, salt, pepper and garlic and cook until the meat is cooked through.
- 4.) Mix in 2 cups of cooked lentils, tomato sauce, honey, mustard, vinegar, chili powder and cinnamon. Simmer with the lid off for 10 minutes.
- 5.) Serve on whole wheat buns with your favorite green vegetable.



Nutrition Facts

Calories: 292

Fat: 10 g

Carbohydrates: 29 g

Protein: 22 g

Fiber: 5 g