

## Ingredients

1 1/2 tsp olive oil	2 cups vegetable stock no salt added
1/2 yellow onion, finely chopped	1 1/2 tsp balsamic vinegar
1/2 red pepper, finely chopped	1/4 tsp basil
1/2 green pepper, finely chopped	1/8 tsp oregano
1 stalk celery, finely chopped	1/4 tsp thyme
2 cloves garlic, minced	1/4 tsp pepper
1 cup dry uncooked red lentils	1/8 tsp crushed red pepper flakes
3/4 cup ketchup, natural no high fructose corn syrup	1/2 bag broccoli slaw
1 Tbsp yellow mustard	1/2 loaf whole wheat bread or buns

## Nutrition Information

### Per Serving (bread/ bun not included)

Serving size: 1/2 cup

Serves 6

Calories: 160

Fat: 2 gm

Sodium: 350 mg

Fiber: 6 gm

Carbohydrates: 38 gm

Protein: 9 gm

Sugar: 7 gm

## Instructions

Heat oil in a pot on medium high heat. Add chopped onions, peppers and celery. Sauté until onions are caramelized and peppers and celery are soft. Add garlic and sauté for 1 minute. Add uncooked lentils and sauté for 2-3 minutes. Add ketchup, mustard, vegetable stock, balsamic vinegar, basil, oregano, thyme, pepper, and red pepper flakes. Bring to a boil. Cover and simmer for 40 minutes. Stir every 10 minutes. Lentils will be thick and most of the stock will be absorbed.

Serve on whole wheat bread or buns with broccoli slaw on top.