

Sloppy Lentils

Serves: 12 – 1/2 cup

amount	unit	Ingredients:
1	Tbsp	olive oil
1	each	yellow onion, finely chopped
1	each	red pepper, finely chopped
1	each	green pepper, finely chopped
2	stalks	stalks celery, finely chopped
3	cloves	garlic cloves, minced
2	cups	dry uncooked red lentils
1.5	cups	ketchup, natural, no high fructose corn syrup
2	Tbsp	yellow mustard
4	cups	vegetable stock no salt added
1	Tbsp	balsamic vinegar
0.5	tsp	basil
0.25	tsp	oregano
0.5	tsp	thyme
0.5	tsp	pepper
0.25	tsp	crushed red pepper flakes
1	bag	broccoli slaw
1	loaf	Whole wheat bread or buns

In a pot add olive oil and turn heat on medium high. Add chopped onions, peppers and celery. Sauté until onions are caramelized and peppers and celery are soft.

Add garlic and sauté for 1 minute, and then 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

Nutritional Information: (lentils only, NO bread/bun)

Calories: 160; Carbohydrates: 38g; Fiber: 6g; Sugar: 7g; Protein: 9g; Fat: 2g; Saturated Fat: 0g; Cholesterol: 0mg; Sodium: 350mg