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(RE)FRESH HEALTHY RECIPE

Looking for a tasty vegan recipe even the kids will devour? Look no further than this Lentil Sloppy Joe recipe!

VEGAN BBQ LENTIL SLOPPY JOES!

Dry Lentils Ingredients:

- ¾ cup dry small brown lentils, picked through & rinsed
- 1 cup water
- 2 cups vegetable broth
- 3 Tablespoons tomato sauce

Sloppy Joes Ingredients:

- 1 medium yellow onion, small dice
- 1 green bell pepper, small dice
- 1 celery rib, small dice
- 2 Tablespoons minced garlic
- 1 cup tomato sauce
- ¼ cup water
- 1 Tablespoon tamari
- ½ teaspoon liquid smoke

- 2 teaspoons apple cider vinegar
- 3 Tablespoons + 1 teaspoon organic maple syrup
- 1 Tablespoon molasses

Sloppy Joes Seasonings/Spices:

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 Tablespoon dried minced onions
- ½ teaspoon sweet paprika
- 1 ½ teaspoons smoked paprika
- ¼ teaspoon cumin
- 2 teaspoons chili powder
- ½ teaspoon dried ground mustard powder
- 1 teaspoon sea salt to taste
- ¼ teaspoon black pepper

Cook the lentils on the stove top or in an instant pot until tender.

In the meantime, measure out all the dry spices into a small bowl, mix well. Set aside.

In a large ceramic/enamel-lined Dutch oven, skillet, or similar stock pot, add the onion, green bell pepper and celery; sauté over medium heat. Place the lid on the pot until they begin to soften, approximately 5 to 7 minutes. Add a tablespoon or so of water or broth if they start to stick and/or to prevent burning. Add the minced garlic and sauté for 30 seconds, add the dry spices (sweet paprika, smoked paprika, cumin, chili powder, ground mustard, onion powder, garlic powder, dried minced onion flakes, black pepper and sea salt), sauté to release their fragrance, about 30 seconds to one minute.

Then add the water, tamari, liquid smoke, tomato sauce, molasses, apple cider vinegar, maple syrup, and cooked lentils; bring to boil, then immediately lower to a simmer. Simmer for 15 minutes, stirring occasionally until the mixture is thick.

Serve immediately as a sandwich or wrap. Adding a scoop of coleslaw to your sandwich is also delicious!

Recipe source: monkeyandmekitchenadventures.com/vegan-bbq-lentil-sloppy-joes