

# REBUILDING HEALTH

## 1 RECIPE AT A TIME



# Lentil Sloppy Joes

 1 Hour

 Serves 6

## Ingredients

- 2 Tbsp vegetable oil
- 1/2 small onion, finely chopped
- 1 small carrot, finely chopped
- 1/2 bell pepper, finely chopped
- 1/2 c. ketchup
- 1 clove garlic, minced
- 1/2 c. dried lentils, rinsed
- 1/4 tsp dried oregano
- Salt and pepper to taste
- 8 oz ground beef or turkey
- 1 Tbsp Worcestershire sauce
- 6 hamburger buns, toasted
- 6 slices cheddar cheese
- Sliced pickles or pickled jalapenos, optional

### Nutritional Facts:

Servings per recipe: 6 | Calories per serving: 382 |  
Carbs: 39 grams | Protein: 18 grams | Total Fat: 17  
grams | Saturated Fat: 7 grams | Fiber: 3 grams

## Method

1. Heat 1 Tbsp of vegetable oil in a saucepan over medium-high heat. Add onion, carrot, bell pepper, and 2 Tbsp of ketchup and cook for about 3 minutes until the vegetables are slightly soft. Add the garlic and cook until fragrant, about 30 seconds. Add the lentils, oregano, and 4 cups of water. Bring to a boil and cook for 5 minutes. Reduce the heat to medium low and simmer until the lentils are tender, 35-40 mins. If needed, add up to 1 more cup of water. Add salt and pepper to taste.
2. While the lentils are cooking, heat 1 Tbsp of vegetable oil in a large skillet over medium over medium-high heat. Add the ground meat, and cook, breaking it up with a spoon. Add the Worcestershire sauce and remaining ketchup. Stir until combined. Add the lentil mixture and 1 cup of water and cook, stirring occasionally, until the lentils are soft and the mixture thickens, about 8 minutes. Season with salt and pepper to taste.
3. Fill the buns with the lentil mixture, top with a slice of cheese, and add pickles and/or pickled jalapenos (if desired).

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