

VEGAN SLOPPY JOES

PREP TIME

10 mins

COOK TIME

45 mins

SERVINGS

8

INGREDIENTS

1 1/2 cups dry lentils*
1 large onion, small diced
1 red bell pepper, small diced
6 cloves garlic, minced
2 cups tomato sauce
1/2 cup water
1 tsp liquid smoke (optional!)
1 Tbsp apple cider vinegar
4 Tbsp pure maple syrup
2 Tbsp molasses

2 tsp garlic powder
2 tsp onion powder
1 Tbsp smoked paprika
1/2 tsp cumin
1 Tbsp chili powder
1 tsp dried mustard powder
salt & pepper

8 buns or wraps
1 recipe Confetti Coleslaw

INSTRUCTIONS

1. Cook the lentils according to package directions.
 2. Meanwhile, heat a large skillet or dutch oven over medium heat. Saute onion and bell pepper in a bit of olive oil until they begin to soften. If they begin to stick to the pan, add a tablespoon of water.
 3. To the onions and peppers, add the minced garlic and saute for 30 seconds. Add the garlic powder, onion powder, smoked paprika, cumin, chili powder, mustard powder, salt and pepper. Saute for about 1 minute to release all of flavors.
 4. To the onions, peppers and spices, add the water, liquid smoke, apple cider vinegar, maple syrup, molasses and cooked lentils. Bring to a boil, then immediately lower to a simmer. Simmer for 15-20 minutes until the lentil mixture is thick.
 5. Serve on buns or in a wrap with Confetti Coleslaw.
- *This recipe calls for 4 cups cooked lentils. You can also use pre-cooked lentils from the refrigerated produce section at the grocery store, or canned (drained & rinsed) lentils to save some time!