



Lentil Sloppy Joes...a great alternative!

- from Denise's Kitchen

Ingredients:

- 1 cup of organic lentils
- 5 cups of water
- 1 cup of chopped organic onion
- 1 cup of finely chopped organic carrot
- 1 cup of chopped organic bell pepper (red or green or both!)
- 1/2 cup of finely chopped organic celery
- 1 (14.5 oz) can of diced organic tomatoes, drained
- 1 (18 oz) bottle of Harvest Farms Organic BBQ Sauce
- 1-2 tbsp of organic brown sugar
- 1/4 tsp of black pepper
- 6 onion rolls, oven-toasted with Earth Balance buttery spread

Directions:

Begin by chopping up the onion, carrot, bell pepper & celery. Then, bring the lentils & water to a boil in a large saucepan. Add the onion, carrot, bell pepper & celery and cook on medium heat for 20-30 minutes until lentils & other vegetables are tender. Drain carefully. Stir in the can of drained tomatoes along with your desired amount of Harvest Farms Organic BBQ Sauce. Add black pepper & brown sugar and simmer for 5 minutes while toasting your onion rolls. Stir your mixture & spoon a generous serving over each onion roll. It will be "sloppy", of course, so use forks & knives to enjoy! You'll be surprised by the great taste & you won't miss the meat!