

Slow Cooker Lentil Sloppy Joes (source: lentils.org)

Prep time: 10 minutes

Cook time: 4 hours

Serves: 6

Ingredients:

3 TBSP canola oil 1 onion, diced
1 red bell pepper diced 1 carrot, diced
3 garlic cloves, minced 2 TBSP chili powder
1 tsp ground cumin 1 ½ cups of green lentils
1 (28 oz can) crushed tomatoes (or tomato sauce)
¼ cup ketchup 2 tsp maple syrup
2 tsp Dijon mustard 2 tsp soy sauce
Salt & pepper to taste
Grated cheese (optional when serving)
Buns – if serving on hamburger buns

Directions

Heat oil in a large skillet over medium-high heat. Stir in diced onion, red pepper, and carrot. Saute for 5 minutes, until vegetables are slightly softened.

Stir in garlic and spices. Cook for another 2 minutes. Remove skillet from heat.

Add cooked vegetables along with remaining ingredients and 1 1/2 cups (375 mL) water into a 4 or 5-quart slow cooker. Cook for 4 hours on high, or 8 hours on low, until lentils are tender.

Season to taste with salt and pepper. Serve on toasted buns and top with grated cheddar cheese.

Nutritional Information - Serving Size: 1 cup (250 mL) calories: 310, total fat: 9 g, Sat Fat: 5 g, cholesterol 0, Carbohydrates 49 g, Dietary Fiber: 11 g, Sugar 13 g, Protein: 13 g, Protein 13, Sodium: 650 mg, Potassium 891 mg, Folate 34 mcg

Note – to save time you don't need to saute the vegetables just put them all in the crockpot and turn it on. It still tastes YUMMY Also depending on your crock pot it may take less than 4 hours on high. When the lentils are soft the cooking time is complete.