

Veggie Sloppy Joes

Ingredients

- 1 cup uncooked lentils (I use black beluga lentils from trader joes)
- 4 cups water
- 1 tablespoon olive oil
- 1 medium yellow onion, diced small
- 1 green pepper, diced small
- 2 cloves garlic, minced (I always use more, but I love garlic :))
- ½ to 3 Tablespoons chili powder (depends how spicy your chili powder is, do it to taste)
- Oregano, Basil (however much you want)
- 1 teaspoon salt
- 8 oz can tomato sauce
- ¼ cup tomato paste
- 3 tablespoons maple syrup
- 1-2 tablespoons yellow mustard (wet mustard)

Directions

Put the lentils in a small sauce pot and pour in 4 cups water. Cover and bring to a boil. Once boiling, lower heat and simmer for about 20 minutes, until lentils are soft. Drain and set aside.

About 10 minutes before the lentils are done boiling, preheat a medium soup pot over medium heat. Sauté the onion and pepper in the oil for about 7 minutes, until softened. Add the garlic and sauté a minute more.

Add the cooked lentils, the chili powder, oregano and salt and mix. Add the tomato sauce and tomato paste. Cook for about 10 minutes. Add the maple syrup and mustard and heat through.

Turn the heat off and let sit for about 10 minutes.

Jen Gregg