



## SLOPPY LENTIL JOES

By Heather McDougall

Makes 4-6

Preparation Time: 10 minutes

Cook Time: 1.5 hours

### INGREDIENTS:

3 ½ cups water or low-sodium vegetable stock

1 onion, chopped

1 red bell pepper, chopped

1 tablespoon chili powder

1 ½ cups dried brown lentils

1 15-ounce can diced fire roasted tomatoes

2 tablespoons soy sauce

2 tablespoons Dijon mustard

2 tablespoons brown sugar

1 teaspoon rice vinegar

1 teaspoon vegetarian Worcestershire sauce

salt to taste

This is a quick and easy meal that also reheats well for lunch the next day or two. Serve this stuffed into a whole-grain bun and eat with your hands, or ladle it over the buns (open-face style) and eat with a fork. I usually serve steamed kale with this dish and fresh corn, when in season.

From [drmcdougall.com](http://drmcdougall.com)

### Instructions:

Place ⅓ cup of the water or stock in a large pot.

Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes.

Add the chili powder and mix in well. Add the remaining liquid, lentils, tomatoes, and the rest of the seasonings. Mix well, bring to a boil, reduce heat, cover and cook over low heat for one hour, stirring occasionally.

Serve on whole-wheat buns, or fresh baked bread, with the trimmings of your choice.

Photo by [Eco-Vegan Gal](#)

Find this Lentil Sloppy Joes recipe and more bbq ideas in the [Forks Over Knives Recipe App](#).



