



## Lentil Sloppy Joes

### Ingredients

14 mL oil  
1 small yellow onion diced  
3 garlic cloves minced  
2 g oregano  
2 g paprika  
6 g chili powder  
5.68 g salt  
1.15 g ground black pepper  
190 g dry Organic Green Lentils  
355 mL vegetable broth or water  
1 28oz can no salt added crushed or diced tomatoes  
32 g tomato paste  
15 g Dijon mustard  
44 mL vegan Worcestershire sauce  
2.46 mL liquid smoke (optional)

1. Heat a large-sized pot over medium heat. Once the pot is hot, add the oil and let heat for a few seconds.
2. Once the oil is hot, add the onions and sauté for 2 minutes.
3. Add the garlic. Sauté for another 2 minutes.
4. Add the oregano, paprika, chili powder, salt, and pepper. Mix until spices have coated the onions and garlic.
5. Add the lentils, the broth or water, crushed tomatoes, tomato paste, mustard, and Worcestershire sauce. Stir until everything has combined.
6. Cover the pot and let the mixture simmer until the lentils are cooked through, approximately 20 minutes.
7. If using, add the liquid smoke, stir and taste. If you find it too acidic, add maple syrup, starting with 1 tablespoon, to balance it out. Stir to combine and taste again. Add another tablespoon of maple syrup, if needed.
8. Serve on rolls of your choice with your favorite toppings and sides.