Lentil Sloppy Joes

Ingredients:

- 3 cups of veggie broth
- 1 onion, chopped
- 1 pepper, chopped
- 1 tablespoon chili powder
- 1 tsp cumin
- 1 ½ cups dried lentils
- 1 15-ounce can diced tomatoes (any type or flavoring)
- 2 tablespoons soy sauce or liquid aminos
- 2 tablespoons mustard (any type)
- 2 tablespoons brown sugar
- 1 tsp rice vinegar
- 1 tsp Worcestershire sauce
- salt and pepper to taste

Instructions:

1. Saute the chopped onion and pepper until soft in a pot

2. Add the 3 cups of veggie broth to the onions and peppers in the pot, as well as the chili powder and cumin
3. Add all the rest of the ingredients to the pot and stir. Once the mixture begins to boil, reduce the heat to low, cover the pot and let simmer for approximately one hour.
4. Serve the sloppy joes on a toasted bun with your favorite toppings.
5. Enjoy!

Nutrition Facts

Servings 4.0

Amount Per Serving	
calories 327	
% Daily Value *	
Total Fat 2 g	4 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 624 mg	26 %
Potassium 1069 mg	31 %
Total Carbohydrate 57g	19 %
Dietary Fiber 14 g	54 %
Sugars 12 g	
Protein 22 g	45 %
Vitamin A	80 %
Vitamin C	20 %
Calcium	22 %
Iron	28 %

Recipe from: https://www.forksoverknives.com/recipes/vegan-burgers-wraps/sloppy-lentil-joes/