

Lentil Sloppy Joes-Vegan

This recipe makes about 3 cups



Ingredients

1 cup lentils-uncooked
2 cups vegetable broth
1 clove garlic
 $\frac{1}{2}$ onion
 $\frac{1}{2}$ **tsp** chili powder
1 tbsp worcestershire sauce
 $\frac{1}{2}$ **tsp** paprika
1 tsp brown sugar
 $\frac{1}{4}$ **cup** tomato paste

We use an instant pot for this recipe, but you could make on a stovetop

Directions:

1. Dice the onion
2. Set your Instant Pot to the sauté function. Once warm, add a splash of the vegetable broth and the diced onion. OR use a large stockpot on the stovetop
3. Sauté the onions until they become lightly browned and fragrant.
4. Stir in the minced garlic and cook for another minute
5. While the onions are cooking add the lentils and broth to the Instant Pot, give it a quick stir. (If you are doing this on your stove top, add the lentils and broth and boil the lentils uncovered for about 30 minutes-adding broth as needed)
6. Lock the lid and set the pressure cooker to high pressure and cook for 15 minutes
7. Once done, allow it to naturally release for 10 minutes before opening the lid
8. Stir in the tomato paste, chili powder, Worcestershire sauce, paprika, and brown sugar
9. Mix thoroughly to combine all the flavors
10. Add parchment to your trays
11. Pour the lentil sloppy joes onto trays
12. Add dividers. If using. We like the 20 portion setting
13. Freeze dry (my cycle time was 32 hours)
14. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 1 of the divider portions or about $\frac{1}{3}$ cup of freeze dried sloppy joe to a bowl. Add $\frac{1}{3}$ cup boiling water. Give it a stir and cover for about 3-4 minutes. Enjoy

Notes: Make our coleslaw recipe to top your lentil sloppy joes.

Nutritional Value Per 1 divider portion or about $\frac{1}{3}$ cup

Calories: 41 Protein: 3 g Fat: 0 g Carbohydrates: 7 g Sugar: 1 g Fiber: 2 g