

# Lentil Sloppy Joes

1 Recipe makes about 3 Cups of Sloppy Joes\*

[Retired at 40's: Freeze Dried Sloppy Joes and Coleslaw](#)

## Ingredients:

1 C Lentils	½ tsp Chili Powder
2 Tbsp + 1 tsp Veggie Broth Powder (See Recipe in cookbook)	1 Tbsp Worcestershire Sauce
1 Clove Garlic ( I used Freeze dried and rehydrated)	½ tsp Paprika
2 C Water	1 tsp Brown Sugar
½ an Onion diced	¼ - ½ C Tomato Sauce or Paste for thicker sauce



## Directions:

1. Add a little bit of veggie broth powder, water, and freeze dried garlic to a small container and let everything rehydrate.
2. Turn Pressure Cooker on to saute, when warm add the broth and ½ a diced onion and cook the onions until lightly browned.
3. Mix up 2 Cups of vegetable broth while onions are cooking and then add to Instant Pot along with 1 C of Lentils, lock the lid, turn the pressure cooker to high pressure and set for 15 minutes. When time is up, turn off the pressure cooker and let it naturally release for 10 minutes.
4. Add ¼ to ½ C Tomato Sauce (or paste) based on your preference for thickness of sauce, Chili powder, Worcestershire Sauce, Paprika, and Brown sugar to the lentils in your pressure cooker and mix well.
5. If you like the consistency, keep it warm. If not, you can add a little more sauce or paste, this will thicken some as it cools.
6. Line tray, spread evenly and pre-freeze or go straight into the freeze dryer and freeze dry
7. Store Appropriately (See Tips and Tricks for storage help)

Dividers work great with this recipe so you can package them as single servings.

**Cycle Time:** Varies

**Rehydration:** Add a little bit of boiling water, stir, cover and let stand, repeat until desired consistency is reached.



Live.  
Life.  
Simple.

[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray