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Recipe Title: Meatless Sloppy Joes

Recipe Ingredients:

Ingredients:

- ½ cup dry green lentils
- 1 -15oz can of cooked chickpeas, rinsed and drained (1.5 cups)
- Lettuce, tomatoes, onions for topping

BBQ Sauce:

- 1 teaspoon olive oil
- 1 small shallot, diced (about ¼ cup)
- 2 small cloves garlic, minced
- 1 cup tomato sauce
- 1 tablespoon ketchup
- 1 tablespoon pure maple syrup
- 2 teaspoons apple cider vinegar
- 1 teaspoon tamari
- ¾ teaspoon smoked paprika
- ½ teaspoon mustard powder
- 1 teaspoon chili powder
- ¼ teaspoon ground cumin
- ¼ teaspoon salt
- ⅛ teaspoon black pepper

Recipe Instructions:

1. Place lentils in a medium sized pot and cover with 1 cup of water and a pinch of salt. Bring to a boil, reduce to a simmer and cook lentils until tender and cooked through, 20-25 minutes.
2. Heat a large pan over medium heat and add the olive oil and shallots. Season with a pinch of salt and cook for 2-3 minutes. Add the garlic and cook for 1 more minute. Next, add the remaining BBQ sauce ingredients and cook for 5 minutes, stirring occasionally. Add the cooked lentils and chickpeas to the BBQ sauce and cook for another 5-10 minutes until everything is heated through.
3. Scoop the sloppy joe mix onto hamburger buns.