

# Sloppy Lentil Joes

Fall

Winter

Spring

Summer

## NUTRITION INFORMATION

**SERVING SIZE: 1 sandwich**

Amount per Serving

Calories	313 kcal
Protein	1555 g
Carbohydrate	55.83 g
Total Fat	3.93 g
Saturated Fat	0.88 g
Cholesterol	0 mg
Vitamin A	341.14 IU
Vitamin C	11.72 mg
Iron	5.41 mg
Calcium	95.83 mg
Sodium	779.47 mg
Dietary Fiber	13.81 g

**EQUIVALENTS:** 1 sandwich provides 2 oz equiv of meat/meat alternate or ½ cup beans/legumes (but not both), ⅛ cup red/orange vegetable and 2 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

“A table of sixth graders said the Sloppy Lentil Joes were the best Sloppy Joes they’d ever had, only to find out they were made with lentils!

This posed an excellent learning opportunity to teach about legumes and why they are important to our diet.”

— MOLLIE SILVER

# Sloppy Lentil Joes • 50 servings (1 sandwich)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	2 lb		① Trim and peel onions. Cut into 1-inch pieces.	<ul style="list-style-type: none"> <li>• You can use maple syrup or white sugar in place of the brown sugar and white vinegar for cider vinegar.</li> <li>• To turn this into taco filling, add 2 Tbsp plus 2 tsp each of ground cumin, ground coriander, dried oregano leaves and chili powder along with the other spices in Step ④.</li> <li>• Use anchovy-free Worcestershire sauce for a vegetarian dish.</li> </ul>
Sweet bell peppers (any color)	1 lb		② Stem, core and seed peppers. Cut into 1-inch pieces.	
Celery	11½ oz		③ Trim celery and cut into 1-inch pieces.	
Garlic cloves	4 oz		④ Trim and peel garlic.	
Water		1 gal + 3 cups	⑤ Bring water to a boil in large 3-gal stockpot over high heat. Add lentils and cook until just tender, 25 to 30 minutes.	
Dried brown lentils	3 lb 12 oz	1 qt + 3¾ cups		
Mushrooms, white button	1 lb		⑥ Meanwhile, in batches, pulse the onions, peppers, celery and mushrooms in a food processor fitted with a metal blade until chopped into ¼-inch pieces, 6 to 8 pulses. (Alternatively, do this step by hand.)	
			⑦ Finely chop the garlic in the food processor (or by hand).	
Tomato paste	1 lb 4 oz	2 cups	⑧ When lentils are done, reduce heat to low and stir in the chopped vegetables, garlic, tomato paste, brown sugar, Worcestershire sauce, vinegar, paprika, mustard, pepper and salt. Bring to a simmer, covered, over medium-low heat. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.	
Brown sugar		1 cup (packed)		
Worcestershire sauce		½ cup		
Cider vinegar		½ cup		
Smoked paprika		4 tsp		
Ground mustard seed		1 Tbsp + ½ tsp		
Ground black pepper		1 Tbsp + ½ tsp		
Kosher salt		1 Tbsp		
Whole-grain buns (2 oz equiv each)		50 each		⑨ Serve ½ cup portions on each bun.