

MOT more of this
LOT less of that

Slow Cooker Lentil Sloppy Joes

Meatless, nutrient dense, and a variety ways to enjoy!

Serves: 4

Total time: ~ 4 hours

Ingredients

- Sloppy Joes
 - 1 medium onion, chopped
 - 1 red bell pepper, chopped
 - 2 cloves garlic, minced
 - 1 teaspoon chili powder
 - 1 teaspoon cumin
 - 1 cup brown lentils
 - 1 cup crushed tomatoes
 - 2 cups vegetable broth
 - 1 tablespoon Dijon mustard
 - 1 teaspoon smoked paprika
 - Salt and pepper to taste
- Coleslaw
 - 2 1/2 cups shredded cabbage or 1 package of Mann's Veggie Slaw
 - 1/4 cup mayonnaise
 - 1 teaspoon apple cider vinegar
- Serving Methods
 - Whole wheat bun
 - Portobello mushroom cap
 - Leafy green salad
 - Baked white or sweet potato

Directions

1. Add all of the lentil Sloppy Joe ingredients into the slow cooker. Mix everything together until well combined.
2. Cover and cook for 3 1/2 hours on high in your slow cooker (or Instant Pot set to Slow Cook.).
3. Check every hour or so, adding more water or broth if necessary.
4. Make the coleslaw by simply combining all the ingredients in a bowl. Cover and refrigerate.
5. Once the Sloppy Joes are finished cooking, serve them on whole wheat buns, over a portobello mushroom cap, or in a bowl. Top with coleslaw.

Mary-Beth says: *"This version of the popular sloppy joe meal is quite delicious and you will not likely miss the meat!"*