

# Cajun Lentil Sloppy Joes

## Cooking Instructions

1. Cook lentils by simmering with 2 cups of water for roughly 15-20 minutes.
2. Heat oil in a sauce pot, then add vegetables. While the vegetables are cooking measure out spices and other flavoring ingredients into a wet and dry container. Once vegetables are soft add dry spices to the pan and toast for 30 or seconds or so until fragrant. Immediately add wet ingredients followed by lentils and stir. Cook a few minutes more until everything has incorporated and season to taste.
3. Serve on your favorite bread/roll or over a whole grain and enjoy!

## Recipe

- 3/4 cup red lentils
- 1 Tbsp olive oil
- 4 cloves garlic minced
- 1/2 (0.5 ) medium onion chopped
- 1 small green bell pepper chopped
- 1 cup (128 g) shredded carrots
- 1 medium zucchini shredded
- 2 tsp smoked paprika or sub regular paprika
- 1/4 tsp (0.25 tsp) or more cayenne I use about 1/2 tsp
- 1/4 tsp (0.25 tsp) garlic powder
- 1/4 tsp (0.25 tsp) onion powder
- 1/2 to 1 tsp dried oregano
- 1/2 tsp (0.5 tsp) dried thyme
- 1/2 tsp (0.5 tsp) chipotle pepper or cumin for smokier flavor optional
- 2 tbsp Worcestershire sauce or use 2 tsp soy sauce
- 3 oz tomato paste
- 1/4 cup (2.12 oz) ketchup
- 3/4 tsp (0.75 tsp) salt
- sugar or maple syrup if needed
- a dash of lemon

## Grocery List (add optional toppings to list as desired)

### Produce

- 4 cloves garlic
- 1 onion
- 1 green bell pepper
- 1 bag shredded carrots
- 1 zucchini
- 1 lemon

### Canned Goods/Grocery

- Worcestershire or soy sauce
- 3 oz tomato paste
- ¼ cup ketchup
- Sugar or maple syrup
- ¾ cup red lentils
- Olive oil

### Spices

- salt
- smoked or regular paprika
- cayenne
- garlic powder
- onion powder
- oregano
- thyme

- chipotle powder – optional
- cumin – optional