Sloppy Lentils

Ingredients:

- cups Lentils
 cups Broth
 28 oz can Diced Tomatoes
 Green Pepper, chopped
 Onion, chopped
 T Garlic, minced
 T Chili Powder
 T Apple Cider Vinegar
- 1 T Oregano 1 T Parsley 1 T Molasses or Honey 1/3 cup Tomato Paste Salt and Pepper to taste



<u>Directions</u>: Add all ingredients to slow cooker and cook on low for 7-8 hours or high 4-5 hours.

<u>Notes</u>: Feel free to add or negate preferred spices or herbs. Serve on whole grain buns or in a dish as chili. Recipe will keep several days and freezes well.



Sloppy Lentils

Ingredients:

 1 cup Lentils

 2 cups Broth

 1 28 oz can Diced Tomatoes

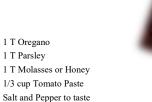
 1 Green Pepper, chopped
 1 T Oregano

 1 Onion, chopped
 1 T Parsley

 1 T Garlic, minced
 1 T Molasses

 1 T Chili Powder
 1/3 cup Tom

 1 T Apple Cider Vinegar
 Salt and Pep





Serves: 8 (3 oz)

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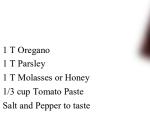
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Nutrition Information per serving (Makes 3 oz):	Canned Sloppy Joe	Nutrition Information per serving (Makes 3 oz):	Canned Sloppy Joe
Calories: 120	148 Calories	Calories: 120	148 Calories
Fat: <1 grams	7.8 g Fat	Fat: <1 grams	7.8 g Fat
Protein: 7.2 grams	11 g Protein	Protein: 7.2 grams	11 g Protein
Carbohydrates: 22 grams	10 g Carbohydrate	Carbohydrates: 22 grams	10 g Carbohydrate
Fiber: 9 gram	0 g Fiber	Fiber: 9 gram	0 g Fiber
Sodium: 100 g	609 mg Sodium	Sodium: 100 g	609 mg Sodium
Potassium: 443 mg	300 mg Potassium	Potassium: 443 mg	300 mg Potassium
Cost: <\$.50 per serving!		Cost: <\$.50 per serving!	

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