

# Lentil Sloppy Joes

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## INGREDIENTS

1 cup dried French green lentils  
1 1/2 tsp salt, divided  
1 lg carrot, diced  
1 bell pepper, diced  
3 ribs celery, diced  
1/2 large onion, diced  
3 cloves garlic, minced  
1 398ml can tomato sauce  
1/4 cup ketchup  
1 Tbsp coconut aminos (could replace with soy sauce, but I have not tested it)  
1/2 Tbsp red wine vinegar  
3-5 Tbsp coconut sugar  
1/4 tsp thyme  
Black pepper

## INSTRUCTIONS

Put lentils in a pot with 1 tsp salt and enough water to be 3 inches over the lentils. Boil until soft, usually 20-25 minutes.

Meanwhile, chop all the vegetables, and fry in a large frying pan using a little broth or water to keep them from sticking. (Tip: I like to use a food processor here)

When the lentils are soft, drain them and add to the fried vegetables.

Add the tomato sauce, ketchup, coconut aminos, vinegar, sugar, thyme, pepper and remaining salt. Let simmer on low for an hour, stirring occasionally. Taste and if needed add more salt, sugar, vinegar or coconut aminos according to what is needed. It is best if this can sit in the fridge overnight so the flavors have extra time to come together. Reheat when ready to serve.

Serve on a bun with coleslaw, pickles and pickled onions.