



Lentil Sloppy Joes

READY IN



70 min.

SERVINGS



6

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small carrots finely chopped
- ☐ 6 slices cheddar cheese
- ☐ 0.5 cup brown lentils dried picked over rinsed
- ☐ 1 clove garlic finely chopped
- ☐ 8 ounces ground beef
- ☐ 6 hamburger buns whole-wheat toasted
- ☐ 0.5 cup catsup
- ☐ 6 servings kosher salt and pepper freshly ground
- ☐ 0.5 small onion finely chopped

- ☐ 0.3 teaspoon oregano dried
- ☐ 0.5 bell pepper green red finely chopped (or)
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon worcestershire sauce

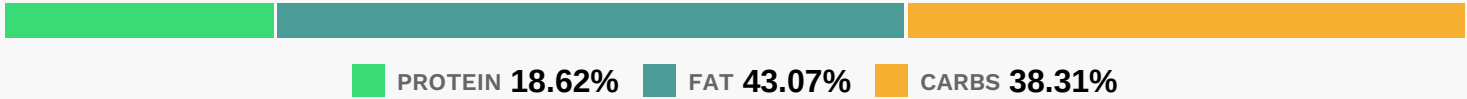
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 tablespoon vegetable oil in a medium saucepan over medium-high heat.
- ☐ Add the onion, carrot, bell pepper and 2 tablespoons ketchup and cook, stirring occasionally, until the vegetables are slightly soft, about 3 minutes.
- ☐ Add the garlic and cook, stirring, 30 seconds.
- ☐ Add the lentils, oregano and 4 cups water; bring to a boil and cook 5 minutes, then reduce the heat to medium low and simmer until the lentils are tender and the water is absorbed, 35 to 40 minutes (add up to 1 more cup water if necessary). Season with salt and pepper.
- ☐ Heat the remaining 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add the beef and cook, breaking it up with a spoon, until it begins to brown, about 2 minutes.
- ☐ Add the Worcestershire sauce and the remaining 6 tablespoons ketchup and cook, stirring, until combined.
- ☐ Add the lentil mixture and 1 cup water and cook, stirring occasionally, until the lentils are soft and the mixture thickens, about 8 minutes. Season with salt and pepper.
- ☐ Fill the buns with the cheese and lentil mixture. Top with pickles and/or pickled jalapenos.
- ☐ Photograph by Lisa Shin

Nutrition Facts



Properties

Glycemic Index:38.74, Glycemic Load:14.61, Inflammation Score:-9, Nutrition Score:18.468695544678%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 412.98kcal (20.65%), Fat: 19.79g (30.45%), Saturated Fat: 7.26g (45.36%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 33.36g (12.13%), Sugar: 8.94g (9.94%), Cholesterol: 43.84mg (14.61%), Sodium: 768.3mg (33.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.25g (38.51%), Vitamin A: 1712.29IU (34.25%), Selenium: 23.77µg (33.96%), Folate: 129.2µg (32.3%), Vitamin B1: 0.41mg (27.57%), Phosphorus: 267.55mg (26.76%), Manganese: 0.52mg (26.02%), Fiber: 6.26g (25.04%), Zinc: 3.37mg (22.49%), Vitamin B3: 4.27mg (21.35%), Calcium: 211.34mg (21.13%), Iron: 3.77mg (20.97%), Vitamin B2: 0.34mg (19.97%), Vitamin B12: 1.08µg (17.92%), Vitamin B6: 0.33mg (16.33%), Vitamin K: 15.3µg (14.57%), Vitamin C: 11.51mg (13.95%), Potassium: 454.91mg (13%), Magnesium: 46.32mg (11.58%), Copper: 0.2mg (9.8%), Vitamin E: 1.25mg (8.34%), Vitamin B5: 0.66mg (6.55%)