

Sloppy Lentils

Serves: 8 (3 oz)

Ingredients:

1 cup Lentils
2 cups Broth
1 28 oz can Diced Tomatoes
1 Green Pepper, chopped
1 Onion, chopped
1 T Garlic, minced
1 T Chili Powder
1 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



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

Notes: 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.



Recipe by: Beth Michaels,

Sloppy Lentils

Serves: 8 (3 oz)

Ingredients:

1 cup Lentils
2 cups Broth
1 28 oz can Diced Tomatoes
1 Green Pepper, chopped
1 Onion, chopped
1 T Garlic, minced
1 T Chili Powder
1 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



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

Notes: 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.



Recipe by: Beth Michaels,

Sloppy Lentils

Serves: 8 (3 oz)

Ingredients:

1 cup Lentils
2 cups Broth
1 28 oz can Diced Tomatoes
1 Green Pepper, chopped
1 Onion, chopped
1 T Garlic, minced
1 T Chili Powder
1 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



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

Notes: 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.



Recipe by: Beth Michaels,

Sloppy Lentils

Serves: 8 (3 oz)

Ingredients:

1 cup Lentils
2 cups Broth
1 28 oz can Diced Tomatoes
1 Green Pepper, chopped
1 Onion, chopped
1 T Garlic, minced
1 T Chili Powder
1 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



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

Notes: 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.



Recipe by: Beth Michaels,

**Nutrition Information per serving
(Makes 3 oz):**

Canned Sloppy Joe

Calories: 120

148 Calories

Fat: <1 grams

7.8 g Fat

Protein: 7.2 grams

11 g Protein

Carbohydrates: 22 grams

10 g Carbohydrate

Fiber: 9 gram

0 g Fiber

Sodium: 100 g

609 mg Sodium

Potassium: 443 mg

300 mg Potassium

Cost: <\$.50 per serving!

**Nutrition Information per serving
(Makes 3 oz):**

Canned Sloppy Joe

Calories: 120

148 Calories

Fat: <1 grams

7.8 g Fat

Protein: 7.2 grams

11 g Protein

Carbohydrates: 22 grams

10 g Carbohydrate

Fiber: 9 gram

0 g Fiber

Sodium: 100 g

609 mg Sodium

Potassium: 443 mg

300 mg Potassium

Cost: <\$.50 per serving!

**Nutrition Information per serving
(Makes 3 oz):**

Canned Sloppy Joe

Calories: 120

148 Calories

Fat: <1 grams

7.8 g Fat

Protein: 7.2 grams

11 g Protein

Carbohydrates: 22 grams

10 g Carbohydrate

Fiber: 9 gram

0 g Fiber

Sodium: 100 g

609 mg Sodium

Potassium: 443 mg

300 mg Potassium

Cost: <\$.50 per serving!

**Nutrition Information per serving
(Makes 3 oz):**

Canned Sloppy Joe

Calories: 120

148 Calories

Fat: <1 grams

7.8 g Fat

Protein: 7.2 grams

11 g Protein

Carbohydrates: 22 grams

10 g Carbohydrate

Fiber: 9 gram

0 g Fiber

Sodium: 100 g

609 mg Sodium

Potassium: 443 mg

300 mg Potassium

Cost: <\$.50 per serving!