

Lentil Sloppy Joes (serves 4)

- 1 c. green lentils
- 1 t. olive oil
- 1 onion, diced
- 1 bell pepper, diced
- 2 garlic cloves, minced
- 3 t. chili powder
- 2 t. oregano
- ½ t. salt
- 10 oz tomato sauce
- 2 t. maple syrup
- 1 t. mustard

Combine lentils with 4 cups of water, and cover and bring to boil. Reduce heat and simmer for about 25 minutes, until tender. Drain and then set aside.

Heat oil. Sauté onion, then add pepper, then garlic. Add cooked lentils, chili powder, oregano and salt. Add tomato sauce, mix, reduce heat and simmer for 10 minutes. Add maple syrup and mustard. Heat through, then off heat let sit 15 minutes.