

Cajun Lentil Sloppy Joes

Instructions

1. Cook lentils by simmering in 2 cups of water for roughly 15-20 minutes.
2. Heat oil in a sauce pot, then add the vegetables. While the vegetables are cooking, measure out spices and other seasoning ingredients into two separate containers, one for wet and one for dry ingredients.
3. Once the vegetables are softened, add dry spices to the pan and toast for 30 or seconds or so until fragrant. Immediately add the wet ingredients, followed by the lentils, and stir. Cook for a few more minutes until everything has been incorporated, and then season to taste.
4. Serve on your favorite bread, roll, or serving of whole grains, and enjoy!

Ingredients

- $\frac{3}{4}$ cup red lentils
- 1 tbsp olive oil
- 4 cloves of garlic, minced
- $\frac{1}{2}$ medium onion, chopped
- 1 small green bell pepper, chopped
- 1 cup shredded carrots
- 1 medium zucchini, shredded
- 2 tsp smoked paprika (or substitute regular paprika)
- $\frac{1}{4}$ tsp cayenne, or more to taste (I use about $\frac{1}{2}$ tsp)
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{4}$ tsp onion powder
- $\frac{1}{2}$ to 1 tsp dried oregano
- $\frac{1}{2}$ tsp dried thyme
- $\frac{1}{2}$ tsp chipotle pepper or cumin for a smokier flavor (optional)
- 2 tbsp Worcestershire sauce or 2 tsp soy sauce
- 3 oz tomato paste
- $\frac{1}{4}$ cup ketchup
- $\frac{3}{4}$ tsp salt
- Sugar or maple syrup, if desired
- Dash of lemon juice

Grocery List

Produce

- Garlic
- Onion
- Green bell pepper
- Carrots
- Zucchini
- Lemon

Canned Goods/Grocery

- Worcestershire or soy sauce
- Tomato paste
- Ketchup
- Sugar or maple syrup
- Red lentils
- Olive oil

Herbs and Spices

- Salt
- Smoked or regular paprika
- Cayenne
- Garlic powder
- Onion powder
- Oregano
- Thyme
- Chipotle powder (optional)
- Cumin (optional)