

Lentil Sloppy Joes

Preparation Time: 15 mins
Cook Time: 25-30 mins
Serves: 6-8

Recipe Provided By: Cheryl Jitta, RD & Marcia Cooper, PhD, RD

Recipe Source: [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

Ingredients

Olive oil	2 tablespoons (30 mL)
Onion, medium, peeled and rinsed under running water and finely chopped	½
Yellow or red bell pepper, large, washed under running water then diced	1
Garlic, minced	2 cloves
Tomato sauce, canned	14 oz (398 mL)
Worcestershire sauce	1 tablespoon (15 mL)
Chili powder	2 teaspoons (10 mL)
Brown sugar (optional)	1 ½ teaspoons (7 mL)
Ground cumin	1 teaspoon (5 mL)
Paprika or smoked paprika	½ teaspoon (2 mL)
Lentils, canned, drained and rinsed well	2 cans of 19 fl. oz. (540 mL) each
Whole wheat hamburger buns, toasted	6 to 8

Find information on [common food allergens](#).

Directions

1. Heat oil in a large skillet over medium heat. Add onion, bell pepper and garlic. Stir to combine. Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned. Add tomato sauce, Worcestershire sauce, chili powder, brown sugar if using, cumin and paprika. Add lentils to the skillet and stir to combine. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally, about 5-10 minutes.
2. Serve the mixture on toasted buns.

Note: To reheat leftovers, add a small amount of water or vegetable broth if needed. Stir gently, on low heat until the internal temperature reaches 165°F (74°C) on your food thermometer. Discard uneaten leftovers after they have been reheated.



DIETITIAN TIP

Cheryl Jitta, RD is a dietitian with Health Canada who's passionate about nutrition labelling education. She says "the [Nutrition Labelling Online Course](#) is just one great example of work that Health Canada is doing to make food regulations more accessible and understandable".

I like adding some spice to my lentil sloppy joes, so I add some fresh sliced jalapenos in step 6. Sometimes, I'll even add splashes of hot sauce on top just before I eat. You can make these hearty, flavorful lentil sloppy joes ahead of time. Simply reheat the lentils then spoon onto split, toasted buns. Serve with veggie sticks and lunch is ready in minutes.



DIETITIAN TIP

Marcia Cooper, PhD, RD is a research scientist and dietitian who works at Health Canada conducting social science and surveillance research on nutrition labelling, social media messages and dietary iron.

I like changing out the lentils for kidney or black beans in this recipe. Change up your toppings by trying: shredded lettuce, diced tomatoes and guacamole. For a less "sloppy" option, I serve these sandwiches open-faced with a knife and fork. Round out your lunch with your favourite salad.

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