***NR# 114 Lentil Sloppy Joes-courtesy of Whole Foods Market***

***Serving Size and Ingredients: 1c (3/4c Lentils), 1/4c sauce, 1 bun***

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| **25 Servings** | **50 Servings** | **100 Servings** | **Ingredients** |
| 4 2/3 cups | 9 1/3 cups | 18 3/4c | Lentils, brown |
| 7 ¾ cups | 15 2/3 cups | 31 1/4cups | Yellow onion, chopped |
| 4 2/3 cups | 9 1/3 cups | 18 3/4c  | Green bell pepper, chopped |
| 3 1/8 cups | 6 1/4 cups | 12 1/2c  | Green chile, chopped  |
| 4 2/3 TBSP  | 9 1/3 TBSP | 18 ¾ tsp  | Chili powder |
| 6 ¼ tsp  | 12 ½ TBSP  | 25 TBSP  | Sweet paprika |
| 3 1/8 tsp  | 6 ¼ tsp  | 12 ½ tsp | cumin |
| ¾ tsp | 1 ½ tsp | 3 tsp | Cayenne pepper |
| 18 ¾ ounces | 37 ½ ounces  | 75 ounces  | no added salt tomato paste |
| 6 ¼ TBSP | 12 1/2 TBSP | 25 TBSP  | Red wine vinegar  |
| 12 ½  | 25 | 50 | Garlic cloves  |
| 47 ounces | 94 ounces | 188 ounces | No added salt Crushed tomatoes |
| 25 | 50 | 100 | Hamburger buns |

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***Instructions:***

1. ***Place lentils in small pot and cover with 2 inches of water. Cover and bring to a boil, then reduce to simmer. Cook until lentils are tender, about 30 minutes.***
2. ***Meanwhile, heat oil in large skillet over medium high heat. Add onions and bell pepper. Cook, stirring frequently until onions golden brown. About 8 minutes, add green chiles.***
3. ***Add chili powder, paprika, cumin, cayenne, and tomato paste and cooked, stirring constantly, until spices and tomato paste are fragrant, about 2 minutes.***
4. ***Add vinegar and then scrape up any bits from bottom of pan.***
5. ***Add two cups of water and crushed tomatoes.***
6. ***Reduce heat to medium low and let sauce simmer until thickens, at least 30 minutes.***
7. ***When lentils are cooked, drain off excess cooking liquid and add to the pan with the sauce. Stir well to combine.***
8. ***Place 1 cup of mixture on bun.***

***NOTE: Wash and sanitize hands prior to and during the process of handling raw food and throughout meal preparation. Cook eggs, fish, pork, lamb and beef to an internal temperature of 145 degrees; ground meat or meat mixtures to 155 degrees; raw eggs not prepared for immediate service to 158 degrees; poultry, stuffed meat/fish/ pasta to 165 degrees.***