

Sloppy Janes

Approximate prep/cook time: ~35 minutes

Serves: 12

Serving size: ¾ cup

*90 mg sodium per serving

Ingredients

- 2 ½ cup (aka 1 lb) dried green lentils
- 2 ½ cup LS veg broth
- 24 oz tomato puree
- 4 cloves garlic, minced
- 1 sweet onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1/3 cup date puree (~6 dates, pitted, soaked in ¼ cup boiled water)
- ½ tsp liquid smoke
- 1 Tbsp liquid aminos
- 2 tsp cumin
- 1 tsp coriander
- ½ Tbsp onion powder
- 1 Tbsp garlic powder
- 2 tsp chili powder
- ½ tsp smoked paprika
- ¼ tsp salt

Instructions

1. Place all ingredients in the Instant Pot and pressure cook for 7 minutes.
2. Serve over a whole grain or on a whole grain bun.
3. Refrigerate for up to one week. Freeze for up to 3 months.

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