

Lentil Joes  
Makes 5 servings

1 c green lentils (dry)  
4 c water  
1 T canola oil  
1 c onion, chopped  
1 c bell pepper, chopped  
1 t garlic, chopped  
3 T chili powder  
2 t oregano, dried  
1/2 t salt  
1-8 oz. can tomato sauce, no salt added  
1/4 c tomato paste  
3 T molasses  
1 T yellow mustard



Heat 4 cups boiling water in a medium sized pot, add dry lentils, and cover. Bring to a boil and reduce to a simmer for 20 minutes. Heat the canola oil in a large pan for 30 seconds on medium high heat then add chopped onion and bell pepper. Cover and heat for 7 minutes stirring every minute. Add the garlic and continue to heat for an additional 2 minutes. Add the chili powder, oregano, and salt and continue heating for 30 seconds stirring constantly. Check the lentils for doneness (should be easily bitten through with very little bite). Add tomato sauce and paste and drained cooking lentils. Stir to combine. Heat covered for 3 minutes. Add the molasses and yellow mustard and stir to combine and let stand for 5-10 minutes. Serve on whole wheat buns with vinegar slaw on the side.

Nutrition information: 350 calories, 9g fat, 9g protein, 60g carbohydrate, 510mg sodium, 13g dietary fiber. Excellent source of vitamins A and C, and iron. Good source of calcium

Adapted from Post Punk Kitchen "Snobby Joes" blog post November 8th 2009.



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