**TUSCAN SLOPPY JOE**

Serves: 6  |  Serving Size: 1 sandwich

**INGREDIENTS**

- **dry lentils**
  - 1/2 cup

- **water**
  - 2 cups

- **onion**
  - 1 small, diced

- **green bell pepper**
  - 1 medium, diced

- **celery**
  - 1/2 cup, diced

- **ground beef, 10% fat**
  - 1 pound

- **marinara sauce**
  - 1 - 24 oz jar

- **no salt added petite diced tomatoes**
  - 1 - 15 oz can

- **Worcestershire sauce**
  - 1 tablespoon

- **whole wheat burger buns**
  - 6 buns

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INSTRUCTIONS

1. BRING TO BOIL
Add the water and dry lentils to a saucepan. Bring to a boil, then turn heat on low to a simmer for 8-10 minutes, or until lentils are soft, stirring occasionally.

2. SAUTÉ BEEF, DO NOT DRAIN
Heat a large sauté pan on medium-high and add beef. Cook, stirring frequently until browned, breaking up beef into small bits. Scoop cooked beef out of pan and set aside. Do not drain out fat.

3. SAUTÉ VEGETABLES
Add onions, peppers, and celery to pan with beef fat and sauté on medium-high heat until softened.

4. ADD REMAINING INGREDIENTS
Add beef back in the pan and mix in cooked lentils, marinara, canned tomato, and Worcestershire sauce. Let simmer for 5-10 minutes.

5. SERVE
Scoop ¾ cup of the sloppy joe mixture on whole wheat bun and enjoy!

NUTRITION INFORMATION

<table>
<thead>
<tr>
<th></th>
<th>Calories: 443</th>
<th>Total Carbohydrate: 44g</th>
<th>Protein: 18g</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>19g</td>
<td>Dietary Fiber: 4g</td>
<td>Sodium: 400mg</td>
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