

# TUSCAN SLOPPY JOE



**INGREDIENTS** Serves: 6 | Serving Size: 1 sandwich

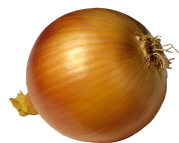
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**dry lentils**  
1/2 cup



**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



**Worchestershire  
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.

## 3. SAUTÉ VEGETABLES



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

## 5. SERVE



Scoop  $\frac{3}{4}$  cup of the sloppy joe mixture on whole wheat bun and enjoy!

## 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.

## 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.

### NUTRITION INFORMATION

Calories: 443

Total Carbohydrate: 44g

Protein: 18g

Total Fat: 19g

Dietary Fiber: 4g

Sodium: 400mg

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This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP.  
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