

WEEK 4: 40 Days to Wellness Cooking Class Recipe

LENTIL SLOPPY JOE'S



Prep Time: 20 minutes

Cook Time: 10 minutes

INGREDIENTS

Lentils:

2 cups brown/french lentils

½ cup red lentils

1 tsp salt

¾ tsp both garlic & onion powder

5-6 cups water (if lentils aren't fully cooked, add a little more water, start with 5)

Remaining Ingredients:

4 tbsp freshly minced ginger (we keep ours in the freezer, so we always have it on hand)

4 tbsp minced garlic

1 c small, diced celery

1 cup small diced red/yellow/or orange peppers

1 large chopped red onion (about 2 cups)

2-3 tsp sambal oelek/asian garlic sauce (you can add more if you like it spicy)

2 tbsp rice wine vinegar

1-2 tbsp maple syrup (optional)

¼ cup soy sauce, gluten free if needed

3 tbsp freshly squeezed lime juice (about 2 limes)

2-15 oz can stewed tomatoes

freshly ground pepper/salt to taste

Fresh Parsley to serve

INSTRUCTIONS

1. Place water, lentils, garlic & onion powder, and bay leaf in a stock pot. Bring to boil, reduce heat to low and simmer until cooked (not mushy), about 10-15 minutes. If lentils taste done, and water remains, strain extra water.
2. Sauté celery and onion in a hot pan with a little water to prevent sticking, until softened (about 5 minutes). Add in pepper, ginger, garlic and sauté for a few more minutes.
3. Add in lentils, soy sauce, maple syrup, vinegar, lime juice & tomatoes
4. Sauté until cooked through for about 5 minutes, top with some fresh parsley.
5. Serve atop salad, rice, as a lettuce wrap (use bib lettuce), or on slider rolls

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