



FAST. EASY. FRESH.

SAUCY VEGETARIAN SLOPPY JOES WITH ARUGULA TOMATO SALAD

1. Start by prepping your ingredients. Drain and rinse the **lentils**. Peel and finely dice half the **yellow onion** and thinly slice the other half into round slices. De-seed and finely dice the **mini peppers**. Peel and mince the **garlic**.

2. Next, heat 1 Tbsp. **olive oil** over medium heat in a large pan. Add the **diced onion, garlic, and mini peppers** and cook for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and lightly browned. Season with **salt and pepper** to taste.

3. Add the **tomato sauce, Sloppy Joe Seasoning (brown sugar, Worcestershire sauce, chili powder, cumin, and paprika)** and stir to combine. Cook for 1-2 minutes to bring things together.

4. Add the drained **lentils** and mix to combine. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally; about 5-10 minutes.

5. Meanwhile, place your **buns** in the toaster to toast if desired. Whisk together the **lemon juice** and remaining 1 Tbsp. **olive oil** in a small bowl and season with **salt and pepper** to taste. Place almost all the **arugula** in a small bowl, then cut the **grape tomatoes** in half and them to the bowl as well. Drizzle over the lemon/olive oil dressing and toss to combine.

6. To serve, spoon your lentil sloppy joe mixture on the bottom half of each **bun** and top with the remaining **sliced onion** and **arugula** and serve alongside your salad. Enjoy!

Ingredients (2 Person Serving – 732 Calories Per Serving)

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| Olive Oil | 2 Tbsp. | Chili Powder | 2 tsp. |
| Lentils | 1 398 ml Can | Ground Cumin | 1 tsp. |
| Yellow Onion | 1 Small | Paprika | ¼ tsp. |
| Garlic | 2 Cloves | Brioche Buns | 2 |
| Mini Peppers | 2 | Grape Tomatoes | 8 |
| Tomato Sauce | 1 398 ml Can | Lemon Juice | 2 tsp. |
| Brown Sugar | 1 Tbsp. | Arugula | 70 g |
| Worcestershire Sauce | 2 Tbsp. | Salt and Pepper | To Taste |



25

Minute Cook Time!