



Sloppy Joe on a Roll

This recipe incorporates three of Montana's top agriculture products—beef, wheat, and lentils!

Source: Montana's Healthy School Recipe Roundup,
Montana Team Nutrition Program

Servings

6

Ingredients

1 lb ground beef	1/2 tsp pepper
1/4 cup onions, <i>raw, chopped</i>	1 tsp brown sugar
2 Tbsp tomato paste	1/2 cup lentils, <i>uncooked, no salt</i>
2 Tbsp catsup	2 oz mild green chili peppers, <i>canned, drained</i>
1 cup + 2 Tbsp water	2 tsp garlic, <i>raw, minced</i>
1 Tbsp distilled vinegar	6 whole wheat buns
1/2 tsp mustard powder	

Preparation

1. Brown ground beef. Drain.
2. Cook lentils in enough water to cover them. Simmer for about 30-40 minutes. If using red lentils, reduce cook time to 10-15 minutes. Drain excess water. Puree lentils in a food processor.
3. Add onions and minced garlic to ground beef. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155°F or higher.
4. Portion with 1/3 cup onto bottom half of each roll. Cover with top half of roll.



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Beef



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