

BUDGET FRIENDLY SLOPPY JOES

AFFODABLE DIABETES MANAGEMENT

INGREDIENTS

- 1 tablespoon olive oil
- 1 green bell pepper, diced
- 1/2 white onion, diced
- 1/2 pound ground beef
- 1 can (15 ounce) red lentils, drained and rinsed
 - may substitute 2 cups cooked lentils
- 2 tablespoons minced garlic
- 1 can (24 ounce) crushed tomatoes
- 1 tablespoon tomato paste
- 1 tablespoon Worcestershire sauce
- 1 tablespoon Dijon mustard
- 1 teaspoon black pepper

INSTRUCTIONS

1. In a large pan, heat oil over medium heat.
2. Sauté pepper and onion for 5-7 minutes.
3. Add beef and cook another 5 minutes or until cooked through.
4. Add lentils, tomatoes, tomato paste, Worcestershire, mustard and pepper.
5. Cover and simmer 7-10 minutes then serve on whole grain buns.

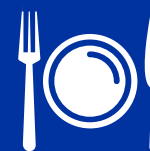


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DIABETES FRIENDLY



6 SERVINGS



30 MIN