

Sloppy Lentil Joes

Component: Meat/Meat Alternate

Recipe Category: Main dish

Recipe #

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onions	2 lb				<p>1. Trim and peel onions. Cut into 1-inch pieces.</p> <p>2. Stem, core and seed peppers. Cut into 1/4 inch pieces</p> <p>3. Trim celery and cut into 1-inch pieces</p> <p>4. Bring water to a boil in large 3-gal stockpot over high heat. Add lentils and cook until just tender, 25 to 30 minutes.</p> <p>5. Meanwhile, in batches, pulse the onions, peppers, and celery in a food processor fitted with a metal blade until chopped into 1/4-inch pieces, 6 to 8 pulses. (Alternatively, do this step by hand.)</p> <p>6. When lentils are done, reduce heat to low and stir in the chopped vegetables, garlic, tomato paste, brown sugar, A-1 sauce, vinegar, paprika, mustard, pepper and low sodium beef base. Bring to a simmer, covered, over medium-low heat. Cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes.</p> <p>7. Serve 1/2 cup portions on each bun.</p> <p>8. CCP: Hold for hot service at 135° F or higher.</p>
Sweet bell peppers (any color)	1 lb				
Celery	11 1/2 oz				
Garlic, minced	4 oz				
Water		1 gal + 3 cups			
Dried brown lentils	3 lb 12 oz	1 qt + 3 2/3 cups			
Tomato paste	1 lb 4 oz	2 cups			
Brown sugar		3/4 cup (packed)			
A-1 steak sauce		1/2 cup			
Cider vinegar		1/2 cup			
Smoked paprika		4 tsp			
Ground mustard seed		1 Tbsp + 1/2 tsp			
Ground black pepper		1 Tbsp + 1/2 tsp			
Low sodium beef bouillon		1 Tbsp			
Whole-grain buns (2 oz equiv each)		50			

Sloppy Lentil Joes

Component: Meat/Meat Alternate

Recipe Category: Main dish

Recipe #

Notes:
Nutrient Information pending due to modifications.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1 sandwich provides 2 oz equiv of meat/meat alternate, 1/8 cup red/orange vegetable and 2 oz equiv WGR grain.
1-2 years: 1/2 sandwich
3-5 years: 1 sandwich
6-18 years: 1 sandwich

Nutrients Per Serving			
Calories	294.74	Saturated Fat	0.60 g
Protein	9.04 g	Cholesterol	0.59 g
Carbohydrate	52.80 g	Vitamin A	9.00 RAE mcg
Total Fat	2.48 g	Vitamin C	11.42 mg
		Iron	4.43 mg
		Calcium	135.12 mg
		Sodium	293.31 mg
		Dietary Fiber	8.02 g