Main dishes / United States

Lentil Sloppy Joes

Brown lentils simmered in a thick, tangy-sweet tomato sauce with peppers, onion, and smoked paprika, spooned generously onto buttery toasted buns. Messy, saucy, and deeply savory.

Time 55 min **Servings** 4

What you'll need.

- ☐ 30 ml Olive oil
- ☐ 1 whole Yellow onion, finely diced
- ☐ 1 whole Green bell pepper, finely diced
- ☐ 3 cloves Garlic, minced
- ☐ 30 g Tomato paste
- ☐ 1 tsp Smoked paprika
- ☐ 1 tsp Chili powder
- ☐ 200 g Brown or green lentils, rinsed
- ☐ 700 ml Vegetable stock
- ☐ 400 g Tomato sauce (plain, unseasoned)
- ☐ 20 g Brown sugar
- ☐ 20 ml Apple cider vinegar
- ☐ 1 tbsp Yellow mustard
- ☐ 1 tbsp Soy sauce
- ☐ 0 to taste Salt and black pepper
- ☐ 4 whole Hamburger buns, split
- ☐ 20 g Unsalted butter, softened
- ☐ 80 g Dill pickle chips

Let's make it.

01 Heat the oil in a wide, deep skillet or Dutch oven over medium heat. Add the onion and bell pepper with a pinch of salt and cook 7–8 minutes, stirring occasionally, until soft and the onion is translucent. Add the garlic and cook 30 seconds.

02 Add the tomato paste, smoked paprika, and chili powder. Stir constantly for 2 minutes, spreading the paste over the pan floor so it fries and darkens.

03 Add the lentils and stock, scraping up anything stuck to the pan. Bring to a boil, then reduce to a gentle simmer, partially covered, for 25 minutes, stirring now and then, until the lentils are tender and most of the stock is absorbed.

04 Stir in the tomato sauce, brown sugar, vinegar, mustard, and soy sauce. Simmer uncovered 8–10 minutes, stirring often, until thick enough to mound on a spoon. Mash about a quarter of the lentils against the side of the pan for a meatier body. Taste and adjust salt, sugar, and vinegar.

05 Butter the cut sides of the buns and toast cut-side down in a dry skillet over medium heat for 1–2 minutes until golden. Pile a generous scoop of filling onto each bottom bun, top with pickles, and close. Serve with plenty of napkins.

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Servings are an estimate; check quantities in the source recipe.
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