

Vegan Sloppy Joes_ERFR

 13 ingredients  4 hours  4 servings

Directions

1. Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
2. About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
3. Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Meat Lover Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

Bread Don't want to use mushroom caps, no problem....use some buns instead!

Ingredients

4 cups	Lentils (cooked, drained and rinsed)
1/2	Sweet Onion (finely diced)
1	Green Bell Pepper (finely diced)
2 cups	Mushrooms (sliced)
1 cup	Matchstick Carrots
1 tsp	Garlic Powder
3 tbsps	Yellow Mustard
1/4 cup	Maple Syrup
2 cups	Crushed Tomatoes
1 tsp	Sea Salt
1/2 tsp	Black Pepper
8	Portobello Mushroom Caps
2 cups	Baby Spinach (chopped)