

SLOPPY LENTILS

Ingredients

- 1 T olive oil
- 1 medium-size yellow onion, chopped
- 1 small red or green bell pepper, seeded and chopped
- 1 T chili powder
- 1 ½ c. dried brown lentils, picked over and rinsed
- 1 (14.5 oz.) can crushed tomatoes
- 3 c. water
- 2 T tamari or soy sauce
- 1 T prepared mustard
- 1 T light brown sugar or a natural sweetener
- 1 tsp. salt
- Freshly ground black pepper

Directions

1. Heat the oil in a medium size stock pot over medium heat.
2. Add the onion and bell pepper, cover, and cook until softened, about 5 minutes.
3. Add the chili powder, stirring to coat.
4. Transfer the onion mixture to a 3 ½ to 4-quart slow cooker, if finishing in a crock pot.
5. Add the lentils, tomatoes, water, tamari (or soy sauce), mustard, brown sugar, salt, and pepper to taste, and stir to combine.
6. Cover and cook on low for 8-10 hours in the crock pot or 20-25 min in the stock pot, or until most of the liquid is absorbed and the lentils are soft.
7. Serve as is or over brown rice or in a whole wheat wrap.

Yields 6 servings

Per 1 cup serving:

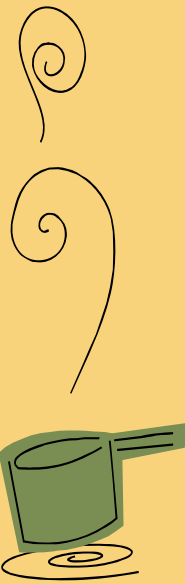
Calories: 220

Fat: 3 g

Protein: 14 g

Carb: 36 g (12 g fiber)

RECIPES



*For eating well
after bariatric
surgery*



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