

SLOPPY JOES



Ingredients:

1 lb. ground beef (or turkey)	1 pinch oregano
1/3 lb. lentils	1 pinch parsley
1 cup ketchup	1 pinch basil
1/2 cup BBQ sauce	1/2 tsp. onion powder
1/8 cup brown sugar	1/4 tsp. pepper
1/8 cup vinegar	6 hamburger buns
1 Tbsp. mustard	

Instructions:

1. Brown beef or turkey on medium high heat and drain in a large skillet.
2. Add remaining ingredients to the skillet and bring to a boil. Reduce heat to a simmer for 15 to 25 minutes or until the lentils have softened.
3. Top the base of the bun with meat mixture, then cover with the top of the bun.
4. Variations: To make with all ground beef or turkey, use 1 1/2 lb. To make with all lentils, use 3/4 lb.

GROW FIT[®]
RECIPE CARD

COMPLIMENTS OF LEARNING CARE GROUP.