Sloppy Lentil Joes | by Heather McDougall

Makes 4–6

3 1/3 cups water or low-sodium vegetable stock
1 onion, chopped
1 red bell pepper, chopped
1 tablespoon chili powder
1 1/2 cups dried brown lentils
1 15-ounce can diced fire roasted tomatoes
2 tablespoons soy sauce
2 tablespoons Dijon mustard
2 tablespoons brown sugar
1 teaspoon rice vinegar
1 teaspoon vegetarian Worcestershire sauce
salt to taste

Instructions:

Place 1/3 cup of the water or stock in a large pot. Add the onions and bell pepper and cook, stirring occasionally until onions soften slightly, about 5 minutes. Add the chili powder and mix in well. Add the remaining liquid, lentils, tomatoes, and the rest of the seasonings. Mix well, bring to a boil, reduce heat, cover and cook over low heat for one hour, stirring occasionally. Serve on whole-wheat buns, or fresh baked bread, with the trimmings of your choice.