



## Sloppy Joe on a Roll

This recipe incorporates three of Montana's top agriculture products—beef, wheat, and lentils!

Source: *Montana's Healthy School Recipe Roundup*,  
*Montana Team Nutrition Program*

### Servings

6

### Ingredients

1 lb ground beef

1/4 cup onions, *raw, chopped*

2 Tbsp tomato paste

2 Tbsp catsup

1 cup + 2 Tbsp water

1 Tbsp distilled vinegar

1/2 tsp mustard powder

1/2 tsp pepper

1 tsp brown sugar

1/2 cup lentils, *uncooked, no salt*

2 oz mild green chili peppers, *canned, drained*

2 tsp garlic, *raw, minced*

6 whole wheat buns



### Preparation

1. Brown ground beef. Drain.
2. Cook lentils in enough water to cover them. Simmer for about 30-40 minutes. If using red lentils, reduce cook time to 10-15 minutes. Drain excess water. Puree lentils in a food processor.
3. Add onions and minced garlic to ground beef. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155°F or higher.
4. Portion with 1/3 cup onto bottom half of each roll. Cover with top half of roll.

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