

Sweet Sloppy Joes with Lentils Only

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Lentils, dry, rinsed	3 lbs. 12 oz.		7 lbs. 8 oz.	
Water (for cooking lentils)		3 1/3 cups		1 1/2 quarts + 2/3 cups (6 2/3 cups total)
Vegetable broth, reduced sodium (for cooking lentils)		3 1/3 cups		1 1/2 quarts + 2/3 cup (6 2/3 cups total)
Hamburger bun, whole grain rich		50 each		100 each
BBQ sauce, prepared		1/2 - 1 gallon		1 - 1 1/2 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare lentils: Combine water, vegetable broth and rinsed lentils in a large pot or steam jacketed kettle. Heat on high until lentils have reach a low boil. Reduce heat and simmer, uncovered for 15-20 minutes, until tender.

**Alternative method: Combine water, vegetable broth and rinsed lentils in a steam table pan and steam approximately 45-60 minutes, until tender. (Lentils can be steamed the day before and kept in the cooler.)

2. Drain remaining liquid from lentils.

3. Add lentils and 1/2 of the barbeque sauce; stir to combine. Add more barbeque sauce until desired consistency is reached. Simmer until meal service.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Use a #8 scoop (1/2 cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 2 meat/meat alternates, 2 ounce equivalent grains.

Use a #16 scoop (1/4 cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 1 meat/meat alternates, 2 ounce equivalent grains.

Nutrition Information per 2 m/ma, 2 grain serving*From USDA Nutrient Database

Calories: 292 Total Fat: 4.5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 51g Fiber: 6g Total Sugar: 22g Protein: 16g Sodium: 467mg Vitamin A: 16µg
Vitamin C: 3mg Calcium: 93mg Iron: 3mg Folate: 139µg

