

Sweet Sloppy Joes with Lentils

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Beefless crumbles (1 oz. = 1 m/ma)	3 lbs. 12 oz.		7 lbs. 8 oz.	
Lentils, dry, rinsed	1 lb. 14 oz.		3 lbs. 12 oz.	
Water		3 $\frac{1}{3}$ cups		1 $\frac{1}{2}$ quarts + $\frac{2}{3}$ cup
Vegetable broth, reduced sodium		3 $\frac{1}{3}$ cups		1 $\frac{1}{2}$ quarts + $\frac{2}{3}$ cup
Hamburger bun, whole grain rich		50 each		100 each
BBQ sauce, prepared OR Prepare from scratch:		1 $\frac{1}{4}$ gallons OR		2 $\frac{1}{2}$ gallons OR
Vegetable broth, reduced sodium		3 $\frac{1}{4}$ cups		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup
Onions, dehydrated or fresh, diced	5 oz.		10 oz.	
Ketchup, low sodium		$\frac{3}{4}$ gallons + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garlic powder		2 $\frac{1}{2}$ Tbsp.		$\frac{1}{3}$ cup
Brown sugar	1 lb. 9 oz.	OR 3 cups	3 lbs. 2 oz.	OR 1 $\frac{1}{2}$ quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting 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. If preparing barbeque sauce: Simmer vegetable stock and onions over medium heat for five minutes.

Add ketchup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently. (Can be made the day before.)

4. Heat crumbles in tilt skillet or steam jacketed kettle for 5 minutes, stirring frequently.

5. Add lentils and barbeque sauce and simmer until meal service.

**For even more robust flavor, allow the sloppy joe mix to simmer for at least two hours.

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.



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Sweet Sloppy Joes with Lentils Continued

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Serving Information

Use a #8 scoop ($\frac{1}{2}$ cup) and serve on hamburger bun.

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

Use a #16 scoop ($\frac{1}{4}$ 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 and 2 grain equivalents *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: 16 μ g

Vitamin C: 3mg Calcium: 93mg Iron: 3mg Folate: 139 μ g

