

Super Sloppy Joe with GroundPro Lentils

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

Process # 2 – Same Day Service

Yield: 50 Servings OR 100 Servings

Skill Level: Basic

Ingredients	Weight	Measure	Weight	Measure
GroundPro lentil crumbles, prepared *Follow package instructions	7 pounds		14 pounds	
BBQ sauce, prepared		½ - 1 gallon		1 – 2 gallons
Hamburger buns, whole grain		50 Each		100 Each

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

Preparation

1. Prepare lentil crumbles according to package instructions, either in the oven or steamer. Lentil preparation should take approximately 20 minutes.
2. In a large bowl, combine the lentil crumbles and half of the BBQ sauce. Mix well and add more BBQ sauce until desired consistency is reached.
3. Pour the sloppy joe mixture into steamtable pans. Cover and steam for approximately 10 minutes, until heated throughout.

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.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Follow serving information below.

Serving Information/Notes

Use a #8 scoop (1/2 cup) to portion the sloppy joe mix on the hamburger bun.

Each sandwich provides 2 meat alternates and 2-ounces equivalent grains.

Nutrition Information *From USDA Nutrient Database

Calories: 497 Total Fat: 6.4g Saturated Fat: 0.6g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 88g Fiber: 15g Total Sugars: 25g Protein: 16g Sodium: 539mg

Vitamin A: 0µg Vitamin C: 21mg Calcium: 39mg Iron: 7mg Folate: 179µg

