

Green Lentil Sloppy Joe, submitted by Lee Enry Erickson

You can find this recipe in Coco Morante's *the Essential Vegan Instant Pot Cookbook* on page 59. The flavor is exceptional and the texture is perfect for a true Sloppy Joe eating experience. The taste and texture remind me of Camp Fire Girls summer campouts in the late 50s and early 60s.

I signed up for Meal Train and used my Instant Pot to make a batch of Sloppy Joes for a young family who welcomed a baby boy. The only change I made to the recipe was using garlic powder instead of fresh minced garlic. I thought the new mommy would appreciate it. If you are interested in learning more about this outreach to those in need of a meal, check out MealTrain.com.

Ingredients:

¼ cup extra virgin olive oil
1 (sweet) yellow onion, diced
1 green bell pepper, diced
1 large (peeled) carrot, diced
2 stalks of celery, diced
3 cloves garlic minced (or garlic powder)
1 Tbsp chili powder
1 tsp fine sea salt
½ tsp black pepper (freshly ground)
½ tsp ground cumin
½ tsp smoked paprika
2 Tbsps. vegan Worcestershire sauce
1 Tbsp cider vinegar
4 cups low-sodium vegetable broth
2-¼ cups (1 pound) green lentils, rinsed
¼ cup turbinado or organic cane sugar (or try date syrup?)
1 (15-ounce) can tomato sauce
¼ cup tomato paste
8 whole wheat hamburger buns, split and toasted
Optional: sweet yellow onion slices and bread-and-butter pickle slices for serving

Directions:

Begin by selecting the Sauté setting on your Instant Pot and heat it up for two minutes. Add the olive oil (or water) and sauté until translucent for ten minutes: onion, bell pepper, carrot, celery, and fresh garlic (add powder garlic to dry mix).

The following directions differ from what's in the book. I added in all the dry spices including the sugar and sauteed for another minute, then added all the wet ingredients along with the rinsed lentils and gently stirred to blend before cooking.

Once the lid to the Instant Pot is securely sealed, cancel the sauté button, then reset the cooking program to either Pressure Cook or Bean/ Chili to cook on HIGH for 25-minutes (it can take up to 10 minutes to reach the cooking temp/pressure first). When the time is up, let the pressure slowly release for about 10-minutes, before venting by releasing the pressure valve on top of the Instant Pot. Once the lid is removed, gently stir the ingredients again and ladle the Sloppy Joe mixture into serving size containers or ladle atop toasted burger buns while still hot. You can also serve this mixture in bowls along with a scoop of rice. Enjoy!

Link to recipe on Google Drive:

<https://docs.google.com/document/d/1sbujFTxMcqr-YEKsIV5w6NaGdQnUzg0kd6zC1LRcHMY/edit?usp=sharing>