

Lentil Sloppy Joes *Serves 1*

- 3/4 cup cooked or can lentils
- 2 tsp ketchup
- 1 tsp prepared mustard
- 1 tsp worchestershire sauce
- hamburger bun or bread

1. Cook lentils according to package directions.
2. Once cooked, add directly to the pot with the above ingredients.
3. Mix well, cook on medium heat until done and serve on buttered toast or buns. If desired add tomato, lettuce, or onion to burger.

Goes great with a side of your favorite veggies. Try something brightly colored like carrot, peas, wax beans, broccoli, cabbage, turnip or squash!