

Recipe of the Month



Turkey-Lentil Sloppy Joes

Perfect for feeding a crowd or freezing for later, this recipe makes enough for 12 hearty sandwiches-or about 7 cups of soul-satisfying chili if you prefer to skip the buns. Serve on hamburger buns with red onion and pickle chips.

Ingredients

- 1 (32 ounce) carton low-sodium chicken broth
- 1 ½ cups brown lentils
- 1 tablespoon olive oil
- 1 cup chopped yellow onion
- ½ cup chopped carrot
- 1 pound ground turkey
- 1 (15 ounce) can crushed fire-roasted tomatoes
- ⅓ cup chopped pimiento-stuffed green olives
- 3 tablespoons mild chili powder
- 1 tsp. garlic powder
- ½ tsp. cumin
- 1/2 tsp. red pepper flakes
- ¼ cup ketchup
- 3 tablespoons tomato paste

Directions

• Step 1

Bring broth to a boil in large pot. Stir in lentils; return to a boil. Reduce heat and simmer covered, 20 minutes, or until tender. Drain in a colander.

• Step 2

Heat oil in the Dutch oven over medium heat. Add onion and carrot; cook until tender, 5 to 6 minutes. Add spices to open fragrance. Add tomato paste and mix together. Add turkey, cook, and stir to break up lumps until turkey is browned. Drain any grease.

• Step 3

Stir in tomatoes, olives, ketchup and vinegar. Bring to a boil; reduce heat and simmer, stirring occasionally. Cook for at least 1 hour. Stir in cooked lentils; cook until heated through, about 2 minutes more.