

Sloppy taco joe

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

For taco filling

- 1 1/3 cups lentils, cooked
- 1/4 cup water
- 3 tbsp canned tomato paste
- 3 tbsp tomato salsa, premade
- 2 tbsp taco seasoning

For service

- 4 each wheat hamburger buns, sliced

Instructions

For taco filling

1. In rondo pan or tilt skillet lentils, water, tomato paste, salsa and seasoning. Cook over medium heat until heated through.

Note: Do not over mix lentils.

For service

1. Split roll and top with 1/4 cup or 1 blue #16 scoop. Add toppings as desired.

Notes

Each serving provides 1 oz eq meat/meat alternate, and 1.75 oz eq grains.

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 5.24oz | Calories: 232kcal | Carbohydrates: 40g | Protein: 13g | Fat: 3g | Saturated Fat: 1g | Sodium: 529mg | Fiber: 9g | Sugar: 6g