

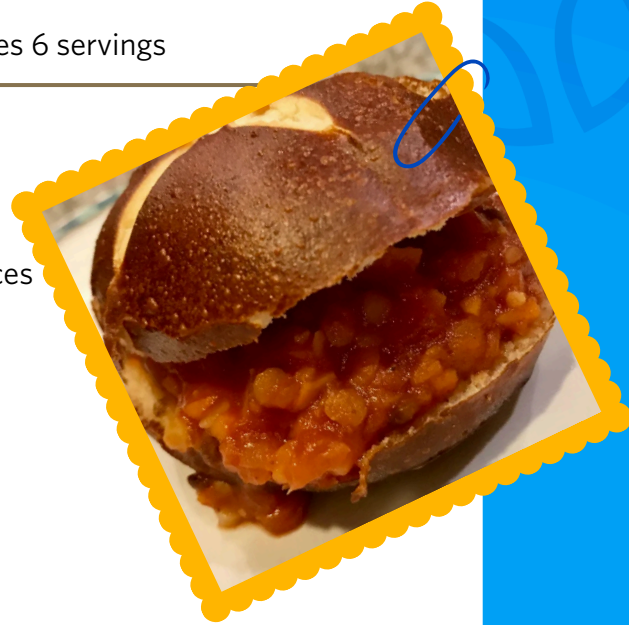
Sloppy Lentils

by Monica Portogallo

Makes 6 servings

Ingredients

- 1 onion, quartered
- 1/2 small head of cauliflower, cut into large pieces
- 1 medium sweet potato, cut into large pieces
- 4 small pitted dates
- 1 cup dry lentils, sorted and rinsed
- 1 1/4 cups water
- 1 28 oz can crushed tomatoes
- 1 tsp garlic powder
- 2 tbsp apple cider vinegar
- salt and pepper to taste
- 6 whole-grain hamburger buns (toasted, if desired)



Directions

Place onion, cauliflower, sweet potato, and dates into a food processor. Process until chopped into rice-sized pieces. Stir together the vegetable mixture, lentils, water, tomatoes, garlic powder, vinegar, salt, and pepper in a large saucepan. Bring to a boil. Cover and reduce heat to low. Simmer for 25-30 minutes, stirring occasionally, until lentils are cooked and sauce thickens slightly. Spoon into buns and serve.



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