

Sloppy Lentil Joe on WW Bun

50 Sandwiches

2 oz. eq. m/ma

2 oz. eq. grain

Ingredients	For 50 servings		Directions
	Weight	Measure	
Lentils, raw	3 lb. 12 oz.		Bring water to a boil. Add lentils and cook until just tender, 20 – 25 minutes.
Water		1 gallon	
Onions, raw, diced	2 lb.		To cooked lentils, add finely diced onions, pepper, celery, and mushrooms. Cook until veggies are tender.
Pepper, sweet, red, raw, diced	1 lb.		
Celery, raw	12 oz.		
Mushrooms, raw, chopped fine	1 lb.		
Tomato Paste, canned	1 lb., 4 oz.		To lentil mixture add tomato paste, Worchester sauce, sugar, vinegar, paprika, mustard powder, salt, and pepper. Cook for another 10 minutes. Heat to 165 degrees F. for at least 1 minute.
Worchester Sauce		½ cup	
Vinegar, distilled		½ cup	
Mustard, powder, dry		1 T, 1 t.	
Paprika		4 t.	
Pepper, black		1 T	
Salt		1 T.	
Hamburger Bun, whole wheat		50 Each	



Serving size and yield	
Serving size:	1 Sandwich
Yield:	50 Sandwiches

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:		
Convection:		

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	2	ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving									
Calories	354	Total fat (g)	3.54	Cholesterol (milligrams (mg))	53	Sodium (mg)	840	Iron (mg)	5.5
Protein (grams (g))	16.72	Saturated fat (g)	1.1	Total sugars (g)	5.14	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	68.8	Trans fat (g)	0	Dietary fiber (g)	7.96	Calcium (mg)	115.5		