

Vegan “Barbacoa” Sloppy Joes

Filling Ingredients

2 Tablespoons olive or coconut oil (or sub water)
1/2 medium white or yellow onion, minced
3 cloves garlic, minced
1+1/2 cups **cooked** green or brown lentils (you can use canned, rinsed and drained)
1+1/2 cups packed finely shredded/grated carrots
2-3 Tablespoons coconut sugar or organic brown sugar
1/2 tsp each salt and black pepper (plus more to taste)
1+1/2 tsp ground smoked paprika
2 tsp ground cumin
1/4 tsp ground cloves
1+1/2 tsp dried oregano
2 whole canned chipotle peppers in adobo sauce plus 1-3 tsp of the adobo sauce (this is spicy so adjust to taste)
2 Tablespoons tamari or soy sauce
1/4 cup lime juice
2 Tablespoons apple cider vinegar
1/4 cup water (more as needed)
2 dried bay leaves (*optional*)

avocado slices, cilantro, sprouts for garnish
(guacamole is also really good)

Instructions

1. Heat a large skillet over medium heat. Once hot, add oil (or water), onion, and garlic. Sauté for 4-5 minutes, stirring frequently, or until tender and slightly browned.
2. Next, add cooked lentils, carrots, coconut sugar, salt, pepper, paprika, cumin, cloves, oregano, chipotle peppers + adobo sauce (start with 1 tsp for low spice level), coconut aminos, lime juice, apple cider vinegar, water, and bay leaves (*optional*). Stir to combine.
3. Cover and cook over medium-low heat for at least 15 minutes (or up to 30-40 minutes on low heat) or until the carrots are tender and the color has deepened. Stir occasionally and add more water as needed if it dries up.
4. Toast 4 hamburger buns (or gluten-free sandwich buns) and scoop out a generous amount of the filling onto the bottom halves of the buns. Top with avocado slices, sprouts, cilantro as desired and put the tops on the buns.