

## **Pressure Cooker Sloppy Joes**

### **Ingredients:**

- 1 cup brown lentils
- 1 cup red lentils
- 3 cups water
- 28 oz can crushed/diced tomatoes
- 3 TBSP tomato paste
- 2 TBS vegan Worcester sauce
- 1 tsp salt
- 1 TBSP cumin
- 1 tsp oregano
- 1 large onion
- 1 bell pepper, I have used a small can of green chilis
- 2 TBSP apple cider vinegar
- 2 TBSP maple syrup

### **In Pressure Cooker:**

1. Sauté onion, salt and bell pepper with a little water
2. Add in tomato paste and cumin/oregano, mixing well
3. Add remaining ingredients and stir thoroughly.
4. Bring to pressure. Cook for 13 minutes.
5. Allow natural release and stir well

\*\*\*Serve on toasted buns. We like to use burger condiments like mustard, extra raw onions, pickles, and jalapenos.