

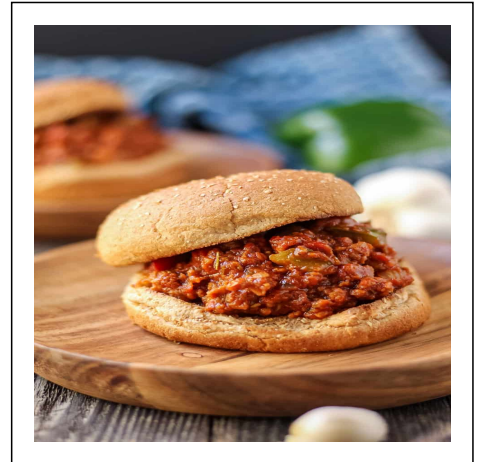
Recipe Name: Vegetarian Sloppy Joe Recipe

Diet Type:

Course: Dinner

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 2 Burger buns	2
• 1 Cucumber - sliced	
• 4 tablespoon Del Monte Cheesy Garlic Mayo	
• 1 Onion - finely chopped	
• 4 cloves Garlic - chopped	
• 1 cup Masoor Dal (Whole) - soaked for about 2 hours	
• 1/2 cup Homemade tomato puree	
• 2 tablespoon Sweet and Spicy Red Chilli Sauce (Tomato Chilli Sauce)	
• 1 teaspoon Sugar	
• 1 teaspoon Cumin powder (Jeera)	
• Salt - to taste	

Preparation

- To begin making the Vegetarian Sloppy Joe Recipe, soak the lentils for at least 2 hours and keep it ready.
- Pressure cook the lentil with 1 cup water and salt for about 3 whistle and allow it to release the pressure by itself.
- Drain the water out and keep the masoor dal aside.
- Add the tomato puree along with sugar, chilli sauce, sugar, and cumin powder.
- Allow it cook for 2 minutes, add the cooked lentils and salt.
- Keep stirring till the gravy becomes thick and turn off the heat.
- Take the burger buns, slit them into half and toast it with butter till golden brown and crispy on both sides.
- To assemble the burger, spread the lentil filling on top of the base, place the sliced cucumber over it and drop a heap tablespoon of the Del Monte Cheesy Garlic Mayo, cover the sloppy joe and serve.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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