



BBQ Lentils Slow Cooker Recipe

Makes 6 ½ cup servings

2 cups low sodium vegetable broth
1 cup dried lentils
½ cup diced onion
1 jalapeno pepper, seeded and diced
1 tsp. minced garlic
½ cup ketchup*
¼ cup molasses*
2 Tbsp. brown sugar*
2 Tbsp. Worcestershire sauce*
1 Tbsp. yellow mustard*
1 Tbsp. cider vinegar*
Hamburger buns, dill pickle chips for serving

*These ingredients combine to make a home-made BBQ sauce. Substitute ½ cup of your favorite bottled sauce plus ½ cup ketchup if you'd like.

Directions:

1. In slow cooker, combine broth, lentils, onion, jalapeno, and garlic. Cook on low heat 2 - 2 ½ hours on LOW.
2. Mix together ketchup, molasses, brown sugar, Worcestershire, mustard and vinegar. Add to slow cooker and cook 30 minutes more. Serve on buns with dill chips.

Nutrients Per Serving (with home-madesauce):

324 calories	8 grams fiber
14 grams protein	2 gram fat
66 grams carbohydrate	877 mg sodium

Market Baskets Program: Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family's tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People's Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events.

