

Sloppy Lentils

1 onion
1 small bell pepper (optional)
1 T chili powder
1.5 c dried brown lentils
1 14.5 can crushed tomatoes or tomato sauce
3 c water
2 T tamari or soy sauce
1 T mustard
1 T brown sugar or molasses
1 t salt
black pepper

Put it all in the 4 qt slow cooker for 8 hrs. Serve over bread. Top with ketchup, mustard, pickles, and/or BBQ sauce.

Variation: omit seasonings and add a jar of BBQ sauce instead.