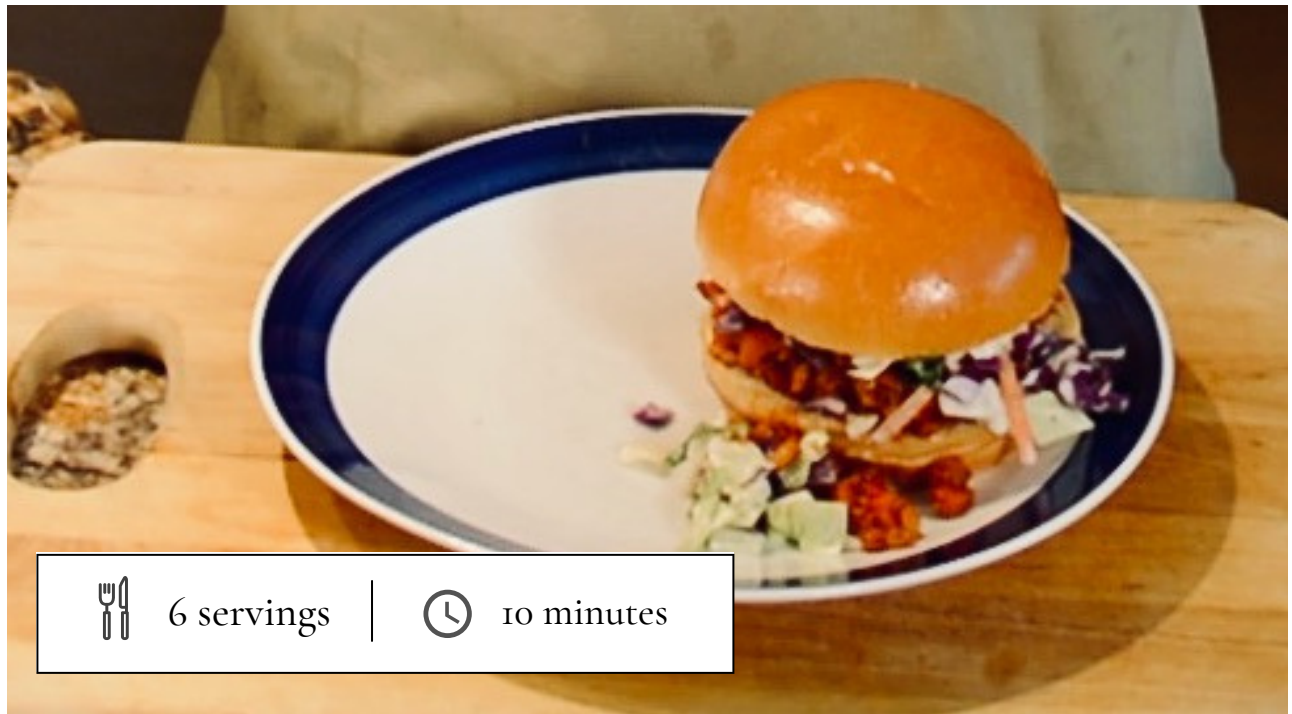


# Vegan Coleslaw



## Ingredients

2 1/2 cups shredded cabbage  
(or one bag pre cut kale salad &  
1 cup sliced red cabbage)  
1/4 cup vegan mayonnaise  
1 tsp Braggs Apple Cider  
Vinegar  
1/2 tsp Celery Salt  
(or 1/2 tsp salt & 1/8 tsp celery  
seed)

## Method

1. Mix all ingredients in a large bowl.
2. Put in fridge for flavors to come together.

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*Make this first for the flavors to set then make the Lentil Farro Sloppy Joes.*

# Lentil Farro Sloppy Joes



6 servings



10 minute prep

45 minute cook time

## Ingredients

1/2 cup brown or green lentils  
1/4 cup farro  
2 tsp olive oil  
1/2 cup chopped sweet onion  
1 carrot finely diced  
1 red bell pepper finely diced  
1 can fire roasted tomatoes  
4 tsp smoked paprika  
2 tsp garlic powder  
1 tsp onion powder  
1/4 tsp red pepper flakes (optional)  
2 tbs tomato paste  
2 tsp maple syrup (100% works best)  
1 tsp Dijon mustard  
2 tsp Braggs Apple Cider Vinegar  
1/4 cup water  
1/2 tsp salt  
Vegan Coleslaw for topping (make first and refrigerate)  
Whole grain buns for serving

## Method

1. In a medium saucepan add 1 cup water and the farro and lentils.
2. Bring to a boil, lower heat, cover and simmer til tender for about 25 minutes. Check water level occasionally to be sure not to scorch.
3. Heat the olive oil in a large skillet, over medium heat.
4. Add onion, carrot and bell pepper. Cook for 5 minutes or until soft.
5. Stir in the cooked lentil & farro mix. Add tomatoes, paprika, garlic and onion powder.
6. Stir occasionally for 3 -4 minutes.
7. Add tomato paste, maple syrup, Dijon mustard, apple cider vinegar, and salt.
8. Add water as needed and simmer for an additional 5 to 10 minutes to thicken.
9. Serve on buns topped with vegan coleslaw.