Tofu Sloppy Joes

Try switching up your protein with tofu and lentils! Team up with the Super Crew Kids and remake this classic favorite with a family member for Meatless Monday!

**Instructions:**
1. Rinse and drain the tofu. Then crumble it into small bits using a fork.
2. In a medium pan, sauté onions and garlic.
3. In another pan, add tofu, chili powder, and corn starch, mixing until combined. Cook on medium high heat for 4-5 minutes, mixing occasionally.
4. Add in the sautéed onions and garlic with the lentils and cook for 5 to 7 minutes.
5. Add in the remaining ingredients and let simmer on low heat, bubbling until sauce is thickened (about 30 minutes).
6. Enjoy on whole wheat buns with salad and homemade chips or fries.

**Ingredients:**
- 6 oz tofu
- 14 oz diced tomatoes
- 2 tbsp tomato paste
- ½ cup chopped sweet onion
- 2 garlic cloves, finely chopped
- ¼ cup chopped bell pepper
- 1 cup lentils, cooked
- ½ tsp smoked paprika
- 1 tbsp corn starch
- ½ tsp cumin
- 1 tsp chili powder
- 2 tsp chili powder
- 2 tsp dry mustard powder
- 2 tsp soy sauce

Help Super Crew kid **Tom-Tom** unscramble his favorite red foods!

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- erbywtsrar
- eetb
- ybrrrpesa
- oamentapgre
- rrhcemy

Did you know you can find tomatoes in orange, yellow, pink, purple, green, black, AND red? **Tom-Tom**