

Korean-Inspired Sloppy Joes

Recipe Description: Plant-forward sloppy joes prepared with Washington state brown and red lentils simmered in a savory tomato base with roasted vegetables, chopped kimchi, and Korean-inspired seasonings. This scratch-cooked recipe introduces global flavors for a K–12 meal service.

Recipe Project Name: Fiscal Year 2026 West-Side Team Nutrition Training Grant for School Meal Recipe Development
State Agency: OSPI

Preparation Time: 30 minutes
Cook Time: 75 minutes

NSLP/SNP crediting information:
Lentils as meat/meat alternate: One 2/3 cup portion provides 2 oz eq meat/meat alternate, 3/8 cup total vegetable (1/8 cup additional vegetable, 1/4 cup red/orange vegetable)
Lentils as vegetable: One 2/3 cup portion provides 1 cup total vegetable (1/2 cup beans, peas, and lentils, 1/8 cup additional vegetable, 1/4 cup red/orange vegetable)

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Carrots, fresh, small dice	10 oz	1 pint	1 lb 4 oz	1 qt	1. Preheat the oven to 400˚ Fahrenheit. 2. Place an equal measure each of carrots, onions, bell peppers, garlic, and vegetable oil in each hotel pan. Roast the vegetables, uncovered, for 10 to 15 minutes until the onions are translucent.
Onions, mature, fresh, small dice	10 oz	1 pint	1 lb 4 oz	1 qt	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Bell peppers, red, fresh, small dice	10 oz	1 pint	1 lb 4 oz	1 qt	
Garlic, fresh, chopped	1 oz	1/8 cup	2 oz	1/4 cup	
Vegetable oil	1.6 oz	1/4 cup	3.2 oz	1/2 cup	
Tomato paste, canned, no salt added	1 lb 2.6 oz	1 pint	2 lb 5.2 oz	1 qt	3. Remove the pan from the oven and reduce heat to 375˚ Fahrenheit. Add an equal measure of tomato paste, brown lentils, red lentils, and water to each pan. With a whisk, stir thoroughly, breaking up the tomato paste so it disperses into the liquid.
Lentils, brown, dry	2 lb	1 qt 1/2 cup	4 lb	2 qt 1 cup	
Lentils, red, dry	2 lb	1 qt 1/2 cup	4 lb	2 qt 1 cup	
Water	9 lb	1 gallon 1 pint	18 lb	2 gallon 1 qt	
Petite diced tomatoes, canned, no salt added, with liquid	2 lb	1 qt	4 lb	2 qt	4. Add equal amounts of petite diced tomatoes with liquid, chopped kimchi, kimchi liquid, gochujang, soy sauce, rice wine vinegar, agave, salt, and dry seasonings to each pan. Stir until evenly combined.
Kimchi, drained and chopped	1 lb 4 oz	1 pint 1/2 cups	2 lb 8 oz	1 qt 1 cup	5. Cover each pan tightly with foil. Bake at 375˚ Fahrenheit for 75 minutes or until lentils are tender and the mixture has thickened.
Kimchi liquid, reserved (see notes)	8 oz	1 cup	1 lb	1 pint	6. Remove pans from oven and stir gently to combine before portioning.
Gochujang	4.4 oz	3/8 cup	8.8 oz	3/4 cup	
Soy sauce	3 oz	1/4 cup 1/8 cup	6 oz	3/4 cup	**Critical Control Point**: Hold at 140°F or higher for service.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Rice wine vinegar	2 oz	1/4 cup	4 oz	1/2 cup	7. Portion 25 servings from each hotel pan using a 2/3 cup measure or a #6 scoop.
Agave	1.6 oz	1/8 cup	3.2 oz	1/4 cup	
Kosher salt		1 Tbsp 1 tsp		1/8 cup 2 tsp	
Ground coriander		1 Tbsp 1 tsp		1/8 cup 2 tsp	
Sweet paprika		1 Tbsp 1 tsp		1/8 cup 2 tsp	
Ginger, ground		2 tsp		1 Tbsp 1 tsp	
Mustard powder		1 tsp		2 tsp	
White pepper		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Cayenne pepper		1/4 tsp		1/2 tsp	

NUTRITION INFORMATION

For 6 oz (serving size)

NUTRIENTS	AMOUNT
Calories	**170**
Total Fat	**2 g**
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	**320 mg**
Total Carbohydrate	**30 g**
Dietary Fiber	5 g
Total Sugars	4 g
Added Sugars included	1 g
Protein	**10 g**
Vitamin A	1361 mcg RAE
Vitamin C	19 mg
Vitamin D	0 mcg
Calcium	37 mg
Iron	3 mg
Potassium	397 mg

N/A=data not available.

MARKETING GUIDE		
Food as Purchased for	**50 Servings**	**100 Servings**
Carrot, fresh, small dice	13 oz	1 lb 10 oz
Onion, fresh, small dice	12 oz	1 lb 8 oz
Red bell pepper, fresh, small	13 oz	1 lb 10 oz

NOTES

Cooking Process #2: Same Day Service

YIELD/VOLUME	
50 Servings	**100 Servings**
2 full-size 2-inch hotel pans (12” x 20” x 2”) Approximately 18.4 lb total.	4 full-size 2-inch hotel pans (12” x 20” x 2”) Approximately 36.8 lb total.

SOURCE:

FY 2024 Team Nutrition Training Grant

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