

Hotdog Chili Sauce

1 large white onion, chopped

3 cloves of garlic, minced

2 ½ cups cooked brown lentils OR 11 ounces of meat alternative crumbles

16 ounces tomato sauce

2 T. yellow mustard

3 T. chili powder

1 T. apple cider vinegar

1 tsp. cumin

½ tsp. cayenne pepper (optional)

1 tsp. vegan Worcestershire sauce

1 tsp. garlic powder

1 tsp. onion powder

½ tsp. crushed red chili flakes

Instructions

To cook the dry lentils in the same pan as the coney sauce, sauté the onion and garlic; add the lentils and 4 cups of water. Bring to a boil, cover, and reduce heat to simmer for 17-20 minutes. Then, follow the directions below.

To cook dry lentils, separately, in a medium saucepan, combine the lentils and 4 cups of water and bring to a boil. Cover, reduce the heat, and simmer, stirring occasionally, for 17 to 20 minutes or until tender but not mushy. Drain any excess water, let cool.

Or use steamed or canned lentils (drained)

If using alternative meat, cook in the pan according to the package instructions, except skip any unnecessary oil.

Making the Sauce

Place the garlic and onion in a medium-sized skillet and cook on medium until translucent.

Add the cooked lentils (or see lentil preparation options above), or use the alternative meat and brown in the pan.

Add the remaining ingredients and cook until combined.

Keep on heat on low until ready to serve, simmering the sauce. The sauce will thicken as it cooks.

Cole Slaw

1 head cabbage, coarsely chopped

$\frac{3}{4}$ cup plant-based mayonnaise

$\frac{1}{3}$ cup sugar

1 T. apple cider vinegar

1 tsp. celery seed

$\frac{1}{2}$ tsp. salt

Chop cabbage. Mix dressing ingredients and pour over cabbage.