



# Lentil Comfort Food Pop-ups



# PLAN YOUR OWN LENTIL POP-UP EVENT!

1

## CHOOSE A THEME

Pick a fun theme to anchor your event - choose one from Lentils.org's fun collection, or create your own!

2

## PICK YOUR RECIPES

Select a few recipes that go with your theme - we have compiled some of our faves for you & work with your culinary team to plan.

3

## DECORATE

Decorate your popup display with jars of dry lentils & any decor items that match your theme. Print off nutrition & sustainability reference sheets from the Lentils.org toolkit, or use digital signage.

4

## EXECUTE & ENGAGE WITH STUDENTS

Time to execute - serve up your creations & chat with students about lentils! Remember to take pictures!

**BONUS: REACH OUT TO US TO REQUEST HAND-OUTS,  
SWAG & DIGITAL IMAGES SENT TO YOU**

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Lentils.™



# LENTILS & SUSTAINABILITY

NITROGEN FIXING CROP  
NEGATIVE CARBON IMPACT  
LOW WATER FOOTPRINT  
ZERO WASTE PRODUCTION  
SOURCE OF PLANT PROTEIN

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# LENTILS: THE NUTRITIONAL POWERHOUSE



*Lentils are nutritionally dense & a top source of sustainable plant protein*

In a 1/2 cup serving of cooked lentils:

**12 GRAMS  
PROTEIN**

**9 GRAMS  
FIBER**

Slow release carbohydrates = Curbs appetite & keeps you full longer





## MEDITERRANEAN LENTIL MEATLOAF

**Prep Time:** 10 minutes

**Total Time:** 45 minutes

**Servings:** Yields on 9x13 loaf

### Ingredients:

- 1/2 lb (250 g) lentils, whole red, cooked, drained
- 1 lb (500 g) ground beef
- 1/4 cup (60 mL) sundried tomato, soaked and roughly chopped
- 1 cup (250 mL) oats, uncooked
- 1/4 cup (60 mL) Feta cheese, roughly crumbled
- 1/2 cup (125 mL) onion, small dice, sautéed
- 1 tsp (5 mL) garlic powder
- 1 tsp (5 mL) salt
- 2 cups (500 mL) spinach leaves, rough chopped, sautéed
- 1 tsp (5 mL) Italian oregano, fresh
- 1/2 cup (125 mL) ricotta, low fat
- 1 tsp (5 mL) chili flakes

### Directions:

1. Preheat oven to 400°F (200°C).
2. In a large mixing bowl combine all ingredients and mix thoroughly, while being mindful not to overwork the mix.
3. Shape the mix in a lightly greased 9x13-inch (22x33 cm) baking dish.
4. Bake 35 minutes. Remove from oven and allow to rest for 5 minutes prior to slicing and serving.





## MEDITERRANEAN LENTIL CHILI

**Prep Time:** 30 minutes

**Total Time:** 70 minutes

**Servings:** 15

### Ingredients:

2 Tbsp (30 mL) canola oil  
1 cup (250 mL) onion, minced  
1 cup (250 mL) zucchini, small diced  
5 each, garlic cloves, minced  
2 tsp (10 mL) salt  
1 tsp (5 mL) black pepper, freshly ground  
1 lb (500 g) ground turkey  
½ lb (250 g) whole red lentils, dry  
2 cups (500 mL) diced tomato, canned  
1 Tbsp (15 mL) dried oregano  
2 each, bay leaf  
1 qt (950 mL) low-sodium chicken stock  
⅓ cup (75 mL) Italian flat leaf parsley, fresh chopped

### Directions:

1. In a large heavy-bottomed pot or Dutch oven, heat oil over medium to high heat and add the onion and zucchini. Sauté vegetables for 6-7 minutes until they are soft. Stir in garlic, salt, and pepper and cook for an additional minute.
2. Add turkey and cook to brown off. Add lentils, tomatoes, oregano, bay leaf, and stock.
3. Bring to a boil then reduce to a simmer. Cook partially covered for 30-40 minutes until the lentils are tender and the flavor has fully incorporated.
4. When ready to serve, remove the bay leaves.
5. Remove 2 cups (500 mL) of the chili and add to a food processor and pulse until pureed. Add back to remaining chili and serve. Garnish with Italian parsley.





## TWICE-BAKED LENTIL STUFFED SWEET POTATOES

**Prep Time:** 10 minutes

**Total Time:** 30 minutes

**Servings:** 12

### Ingredients:

- 6 sweet potatoes, pricked with fork
- 6 Tbsp (90 mL) plain Greek yogurt or light sour cream
- 6 green onions, white and green parts separated, finely chopped
- to taste, salt and pepper
- 3 cups (750 mL) cooked green lentils
- 1 3/4 cups (425 mL) finely grated extra-old Cheddar cheese

### Directions:

1. Preheat oven to 425°F (220°C).
2. Microwave sweet potatoes on a microwave safe plate on high for 10-12 minutes, or until tender, turning every 2 minutes; let cool for 5 minutes. Cut in half, scoop out flesh into a bowl leaving 1/4-inch (5 mm) border.
3. Mash flesh with yogurt and white part of green onions; season with salt and pepper. Stir in lentils and half of the cheese. Spoon filling back into the sweet potato shells. Sprinkle with remaining cheese and green parts of green onions.
4. Arrange the stuffed potato halves on a lightly greased baking sheet. Bake until golden, about 15 minutes. Serve immediately.





## LENTIL & TURKEY MEATLOAF WITH APPLE & SAGE

**Prep Time:** 20 minutes

**Total Time:** 80 minutes

**Servings:** 6-8

### Ingredients:

- 1 cup (250 mL) panko breadcrumbs
- 1/2 cup (125 mL) milk
- 2 Tbsp (30 mL) olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 2 cups (500 mL) cooked green lentils
- 1 lb (500 g) ground turkey
- 1 apple, cored and grated
- 1 large egg
- 3 Tbsp (45 mL) chopped fresh sage OR 2 tsp (10 mL) dried sage
- 1 tsp (5 mL) Dijon mustard
- 1 tsp (5 mL) salt
- 1/2 tsp (2 mL) pepper
- 2 Tbsp (30 mL) olive oil, for brushing

### Directions:

1. Preheat oven to 375°F (190°C).
2. In a large bowl, stir together breadcrumbs and milk. Let stand for 5 minutes. In a large frying pan over medium-high heat, add olive oil. When hot, stir in onions and garlic. Cook over medium heat for 5 minutes. Remove from heat and let cool to room temperature.
3. Into the same bowl as the breadcrumbs, add lentils, ground turkey, grated apple, egg, sage, mustard, salt, pepper and cooked onion mixture. Stir just until the mixture is combined, trying not to overwork it.
4. Line a baking sheet with aluminum foil. Place a wire rack over the baking sheet and cover it tightly in aluminum foil. Place the lentil mixture onto the wire rack and shape it into a loaf. Brush it with olive oil.
5. Bake for about 1 hour or until a meat thermometer reaches 160°F (71°C). If the meatloaf is getting too dark, cover it with aluminum foil while it bakes. Remove from the oven and let it rest for 10 minutes before slicing.





## LENTIL SHEPHERD'S PIE

**Prep Time:** 40 minutes

**Total Time:** 60 minutes

**Servings:** 6

**Ingredients:**

2 lb (1 kg) Yukon Gold potatoes, quartered  
1/4 cup (60 mL) butter  
1/4 cup (60 mL) milk  
salt and pepper  
canola oil, for cooking  
1 onion, chopped  
2 garlic cloves, crushed  
2 carrots, peeled and diced  
1 lb (454 g) ground lamb or beef  
1/3 cup (85 mL) dry red lentils  
1 cup (250 mL) beef or chicken stock  
1 tomato, chopped  
2 Tbsp (30 mL) ketchup  
1/2 cup (125 mL) green peas

**Directions:**

1. Preheat oven to 375°F. In a large pot, cover the potatoes with water and set over medium-high heat. Bring to a boil, then reduce heat and simmer for 20–30 minutes, or until the potatoes are very tender. Drain and mash with the butter, milk, and salt and pepper to taste. Set aside.
2. Heat a drizzle of oil in a large skillet pan over medium-high heat and sauté the onion for 3–4 minutes, until soft. Add the garlic, carrots, and lamb or beef and cook, breaking the meat up with a spoon, until it is cooked through and no longer pink.
3. Add the lentils, stock, tomato, and ketchup, and bring to a simmer, stirring. Stir in the peas and pour into a 2-litre baking dish. Top with the mashed potatoes.
4. Bake for 30 minutes, or until the potatoes are golden and the filling is bubbling around the edges.





## SKILLET MACARONI & CHEESE

**Prep Time:** 10 minutes

**Total Time:** 35 minutes

**Servings:** 6

**Ingredients:**

4 1/2 cups (1.125 L) water  
1 (13 oz/369 mL) can evaporated milk  
1/2 cup (125 mL) split red lentils  
2 cups (625 mL) dry elbow macaroni  
1/2 tsp (2 mL) salt  
2 tsp (10 mL) grainy Dijon mustard  
1 1/2 cups (375 mL) shredded aged Cheddar cheese  
1 1/2 cups (375 mL) shredded Italian 4 cheese blend  
3 Tbsp (45 mL) unsalted butter  
1/4 tsp (1 mL) black pepper  
1/3 cup (75 mL) panko breadcrumbs  
1/3 cup (75 mL) grated Parmesan cheese  
1 Tbsp (15 mL) melted unsalted butter

**Directions:**

1. Bring the water, 1 cup (250 mL) evaporated milk, lentils, and salt to boil over high heat in a 12-inch (30cm) broiler-safe pan or skillet. Cover and cook for 3 minutes.
2. Stir in macaroni and simmer over medium-high heat until the macaroni is al dente and the lentils are tender, about 8-10 minutes.
3. Preheat the broiler.
4. Stir in the remaining evaporated milk and Dijon mustard. Reduce heat to medium. Stir until smooth, and cook for a minute or two longer.
5. Remove skillet from heat and stir in cheddar and Italian cheeses, one cup at a time. Stir in butter until melted. Season to taste with salt and pepper. If the mixture is too thick, thin out with a bit of hot water.
6. In a small bowl, combine breadcrumbs, Parmesan, and melted butter. Sprinkle over macaroni and place the skillet under the broiler for a minute or two, until the crumbs are golden.
7. Remove from the broiler and let stand for 5 minutes before serving.





## MAPLE-ESPRESSO BAKED LENTILS

**Prep Time:** 10 minutes

**Total Time:** 65 minutes

**Servings:** 8-10

### Ingredients:

4-6 slices bacon, chopped  
1 small onion, chopped  
3 garlic cloves, chopped  
1 cup (250 mL) dry red lentils  
3 cups (750 mL) chicken or onion stock  
¼ cup (60 mL) pure maple syrup  
2 Tbsp (30 mL) packed brown sugar  
2 Tbsp (30 mL) apple cider vinegar  
2 Tbsp (30 mL) ketchup or 1 Tbsp (15 mL) tomato paste  
1 Tbsp (15 mL) grainy mustard  
2 tsp (10 mL) espresso powder or instant coffee granules (optional)  
to taste salt and freshly ground black pepper

### Directions:

1. In a large, heavy oven-proof skillet or shallow pot, cook the bacon over medium-high heat for 3-4 minutes, or until soft; add the onion and cook until the bacon is almost crisp. Add the garlic and cook for another minute.
2. Add the lentils, stock, maple syrup, brown sugar, vinegar, ketchup, mustard, and espresso powder and bring to a simmer, stirring. Season with salt and pepper.
3. Transfer to the oven and bake, uncovered, for 45 minutes, or until the lentils are tender and the mixture is thick and sticky around the edges. If it seems too dry, add some extra stock or water and return it to the oven or simmer on the stovetop until it has the texture you prefer.
4. Serve immediately or cool, then refrigerate overnight or for up to four days; reheat on the stovetop before serving.





## LENTIL, BEEF & MUSHROOM STROGANOFF

**Prep Time:** 10 minutes

**Total Time:** 30 minutes

**Servings:** 12

**Ingredients:**

3 Tbsp (45 mL) canola oil  
1.5 lb (750 g) lean ground beef  
9 cups (2.25 L) sliced button mushrooms  
3 onions, diced  
6 garlic cloves, minced  
1/2 Tbsp (7 mL) dried thyme  
1/2 Tbsp (7 mL) paprika  
1/2 Tbsp (7 mL) salt  
3/4 tsp (4 mL) pepper  
6 cups (1.5 L) cooked green lentils  
1 cup (250 mL) white wine (or beef stock, chicken stock, or water)  
3 cups (750 mL) chopped parsley, plus more for garnish  
3 cups (750 mL) sour cream  
1 3/4 cups (425 mL) beef or chicken stock  
as needed, cooked egg noodles

**Directions:**

1. Heat oil in a Dutch oven over medium-high heat. Add ground beef and cook for 5-7 minutes until browned.
2. Stir in mushrooms, onion, garlic, thyme, paprika, salt, and pepper. Cook for 5-7 minutes, stirring occasionally, until the mushrooms have released most of their liquid.
3. Stir in cooked lentils and white wine. Let simmer for 3 minutes.
4. Reduce heat to low, stir in parsley, sour cream, and stock. Cook for 3 minutes, just until the sour cream is warmed through. Be careful not to boil the sauce or it could curdle.
5. Serve with hot buttered egg noodles and garnish with more parsley.





## LENTIL MUSHROOM ORZOTTO W/ POACHED EGGS & ARUGULA

**Prep Time:** 10 minutes

**Total Time:** 40 minutes

**Servings:** 12

**Ingredients:**

3 Tbsp (45 mL) butter  
3 onions, diced  
3 (1/2 lb/225 g) pkgs cremini or white mushrooms, diced  
9 garlic cloves, minced  
1 1/2 cups (375 mL) dry white wine  
9-10 cups (2.25 - 2.5 L) chicken or vegetable broth  
3 cups (750 mL) green lentils  
1 3/4 cups (425 mL) dry pearl barley, rinsed and drained  
3 white turnips, peeled and diced  
1 Tbsp (15 mL) white vinegar  
12 eggs  
1 1/2 cups (375 mL) finely grated Grana Padano or Parmigiano-Reggiano cheese  
3 Tbsp (45 mL) lemon juice, divided  
1 Tbsp (15 mL) finely chopped fresh thyme  
3 cups (750 mL) baby arugula  
to taste, salt and pepper

**Directions:**

1. Heat oil in a medium size saucepan; cook onion, stirring occasionally, until softened, about 5 minutes.
2. Add mushrooms and garlic; cook, stirring occasionally, until tender and liquid is evaporated, about 8 minutes.
3. Stir in wine. Increase heat to high and cook, stirring until evaporated, about 4 minutes. Stir in stock, lentils, barley, and turnip; bring to boil. Reduce heat to medium-low, cover and simmer, stirring occasionally, until the lentils are tender, about 25 minutes. If the mixture becomes too dry, continue adding stock until lentils and barley are tender, and the mixture is creamy like risotto.
4. Once lentil mixture has been simmering for 20 minutes, add vinegar to a small saucepan of gently simmering water. Crack each fresh, cold egg into a small bowl. Stir simmering water to form a small whirlpool. Carefully drop each egg individually into the whirlpool (this will prevent the egg from spreading). Cook for about 3 minutes, or until desired doneness. Remove with a slotted spoon. Drain on paper towel and set aside on oiled plate.
5. Once cooked, stir half of the cheese, two-thirds of the lemon juice, and thyme into lentil mixture. Season with salt and pepper, to taste. Toss arugula with remaining lemon juice.
6. Portion lentil mixture in four shallow bowls. Top each with an egg; season with additional salt and pepper. Divide arugula over top. Sprinkle with remaining cheese.





## LENTIL CHILI & MACARONI SKILLET

**Prep Time:** 30 minutes

**Total Time:** 55 minutes

**Servings:** 12

**Ingredients:**

- 4 Tbsp (60 mL) canola oil
- 2 lb (1 kg) lean ground beef
- 2 onions, diced
- 4 garlic cloves, minced
- 2 red bell peppers, diced
- 4 celery stalks, diced
- 3 Tbsp (45 mL) chili powder
- 2 tsp (10 mL) cumin
- 2 tsp (10 mL) coriander
- 2 tsp (10 mL) dried oregano
- 2 tsp (10 mL) salt
- 2 tsp (10 mL) sugar
- 1/2 tsp (2 mL) pepper
- 4 cups (1 L) cooked green lentils
- 4 cups (1 L) crushed tomatoes
- 2 cups (500 mL) diced tomatoes (fresh or canned)
- 1 cup (250 mL) water
- 1 cup (250 mL) elbow macaroni
- 3 cups (750 mL) shredded Tex Mex cheese blend

**Directions:**

1. Heat oil in a large skillet or sauté pan over medium-high heat. Add beef and cook until it starts to brown, breaking up with the back of a wooden spoon.
2. Add onion, garlic, red pepper, and celery. Cook until the onions are translucent. Stir in chili powder, cumin, coriander, oregano, salt, sugar, and pepper. Continue to cook for another few minutes.
3. Preheat the oven to 400°F (200°C).
4. Stir in lentils, crushed and diced tomatoes, water, and macaroni. Stir well. Bring to a boil, cover, reduce heat to medium-low and cook for another 20-25 minutes, until macaroni is cooked, stirring once or twice.
5. Scatter cheese on top. Bake until cheese is melted, about 5 minutes.





## LENTIL & BEEF SLOPPY JOES

**Prep Time:** 10 minutes

**Total Time:** 260 minutes

**Servings:** 30

### Ingredients:

2 (19 oz/540 mL) cans navy beans  
3 lb (1.5 kg) ground beef  
2 cups (500 mL) dry split red lentils  
1 (28 oz/796 mL) can crushed tomatoes  
1 (28 oz/796 mL) can diced tomatoes  
3 carrots, chopped  
2 celery stalks, chopped  
4 garlic cloves, chopped  
12 cups (3 L) water  
1/3 cup (75 mL) molasses  
1/3 cup (75 mL) brown sugar  
1 Tbsp (15 mL) garlic powder  
1 Tbsp (15 mL) onion powder  
1 Tbsp (15 mL) basil  
½ cup (125 mL) apple cider vinegar  
to taste, salt and pepper

### Directions:

1. Place uncooked ground beef into large roaster, add rest of ingredients and bake for about 2.5 hours at 375° F (190° C).
2. Add salt and pepper to taste.





# LET US KNOW HOW IT WENT!

Putting together a pop-up event, or maybe just hosted one? Let us know! Send us your pictures and let us know the feedback!

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