

## **Lentil Bolognese Recipe**

Prep time: 10 minutes

Cook time: 30 minutes

Makes about 6 cups of sauce

### **Ingredients**

- 1/2 lb dried lentils
- 2 tbsp. Olive oil or avocado oil
- 4 Celery stalks, tops and bottoms trimmed, finely diced
- 1 medium yellow onion, finely diced
- 1 large carrot, finely diced
- 1 8 oz package of baby bella mushrooms, finely diced
- 3 garlic cloves, minced
- 1 tsp dried Rosemary
- 1 tsp chili flakes (optional)
- 1 tsp dried parsley
- ½ tsp dried Thyme
- 28oz can crushed tomatoes
- 1/4 cup red wine (optional)
- 1 tbsp Soy Sauce
- Pasta of choice

### **Directions**

- Rinse lentils, picking out any stones or impurities. Place in pot with pinch of salt and about 4 cups of water. Cover pot and cook for about 30 minutes, or until lentils are tender. Drain water and set aside.
- While lentils are cooking, start to build the sauce:
  - Place onions, carrots, and celery in a pan with a pinch of salt, pepper and 1 tbsp. olive oil. Sauté on medium for 10 minutes or until softened
  - Add diced mushrooms, garlic, and dried herbs with another tbsp. of olive oil. Sauté for another 10 minutes
  - Add Crushed tomatoes, soy sauce, and wine. Reduce heat to low and simmer for 15 minutes.
  - Add pasta water to thin sauce if it becomes too thick
  - Add cooked lentils and serve with pasta