

Lentil Bolognese

SERVES 4

Ingredients

FRESH PRODUCE

1 **small onion** | diced

1 **carrot** | peeled and diced

PANTRY

3/4 cup **brown lentils** | rinsed and picked over

1 28-ounce can of diced tomatoes

SPICES AND OILS

2 tablespoons **olive oil**

1 teaspoon **garlic powder**

1 teaspoon **oregano**

1 tablespoon **balsamic vinegar** (optional)

GRAINS

2 cups uncooked **whole wheat pasta**

EQUIPMENT



Cutting board



Vegetable peeler



Spatula or spoon



Measuring spoons



Knife



2 pots



1 pan



Measuring cups

MIX IT UP AND MAKE IT YOUR OWN

- Adding meatless meals to your weekly routine is not only great for your health, but also your budget. We encourage you to try this recipe with lentils. You can use brown, black or green. Red lentils will not hold up to the cooking process. If lentils are not for you, you can choose to use ground turkey or chicken in their place. Add the turkey or chicken to the pan after your carrots and onions and allow it to brown before adding the balsamic and tomato.
- Bulk up the veggies in this dish by adding diced green peppers, zucchini or mushrooms.
- This dish features classic Italian seasoning. However, you can take it in another direction by swapping the oregano for thyme or replacing it with 1/4 teaspoon of cinnamon.

