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

128-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

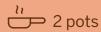


Spatula or spoon



Measuring spoons







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 ¼ teaspoon of cinnamon.

Directions

- Place **lentils** in a small pot and add cold water to cover the lentils by about 1 inch.
- Place over medium heat and simmer for 20 minutes until the lentils are tender.
- 2 Drain and set to the side.
- In a separate pot, bring 4-6 cups of water to a boil.
- Add pasta and cook per box instructions.
- While the lentils are cooking, prepare sauce. Heat a large pan over medium-high heat.
- Add the oil to the pan to coat the bottom and then add the onions and carrots.
- Allow the vegetables to cook for 3–5 minutes until the onions become translucent.
- Add the tomato paste, tomatoes, spices and vinegar and ½ cup of water.
- Reduce heat to a simmer and allow it to cook for 5–10 minutes, adding water ¼ cup at a time if the sauce becomes too dry.
- When all of your components are complete, add the lentils to the red sauce and serve over ½ cup pasta. Taste and adjust seasoning as desired. Enjoy!
- 8 Save leftovers in the refrigerator for up to three days OR place in Ziploc bags and freeze for up to one month.

Nutrition Facts

1 serving per container Serving size 1 each

Calories per serving

370

Amount/serving	% Daily Value*
Total Fat 9g	11%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%

Amount/serving	% Daily Value*
Total Carbohydrate 59g	21%
Dietary Fiber 11g	40%
Total Sugars 9g	
Includes 0g Added Suga	ars 0%
Protein 15g	

NOTES

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 0% • Calcium 90mg 6% • Iron 4.6mg 25% Potassium 860mg 20% • Phosphorus 280mg 20%