

Lentil Bolognese with Spaghetti



Preparation time: 30 min

Difficulty: Easy

Ingredients

- Carrot: 1
- Celery Stick: 1
- Chopped tomatoes: 7 oz
- Garlic cloves: 2
- Italian spices: 2 tsp
- Mushroom: 4 oz
- Olive Oil: 1tbsp
- Onion: 1
- Pomi strained tomatoes: 9 oz
- Raw cane sugar: 1 tsp
- Red lentils: 4,4 oz
- Spaghetti: 9 oz
- Tomato paste: 1 tbsp
- Vegan parmesan: None
- Vegetable broth: 1 cup

For this recipe we used:

Chopped Tomatoes 9 oz & 7 oz



Preparation

You can make this cozy vegan lentil bolognese on days when you need a delicious, satisfying and healthy lunch or dinner. It's a perfect meal when you don't have much time or when you want to cook for your family or friends.

1. Heat oil in a skillet (or pan) over medium heat. Add the onion and sauté until translucent, about 2 minutes.
2. Stir in the carrots, (celery if using), mushrooms, salt, and pepper. Sauté until mushrooms have cooked down and are turning golden, about 5-7 minutes.
3. Add tomato paste, spices and garlic. Roast for about 1-2 minutes longer.
4. Then add lentils, tomatoes and vegetable broth and stir to combine. Bring to a boil, then cover, reduce the heat to low, and simmer for about 15-20 minutes, until lentils are done and the bolognese sauce is thickened. Adjust consistency by adding more water if needed. Taste and adjust salt, pepper, and spices.
5. In the meantime, cook the spaghetti (or other pasta) in salted water until al dente, then drain.
6. Serve the lentil bolognese sauce over the spaghetti. Garnish with vegan parmesan cheese or yeast flakes and fresh herbs if you like.

Recipe by Bianca of biancazapatka.com