

Lentil Bolognese

Chef Kathryn and The South Huntington Library

February 22, 2021

Serves 4

Ingredients:

8 oz of whole wheat or gluten free brown rice pasta
2 tablespoons of cold pressed olive oil
1 Spanish or sweet onion
4-6 cloves of garlic, minced
1 teaspoon ground basil
1 teaspoon ground oregano
½ teaspoon ground thyme
2 medium carrots, chopped medium
2 celery stalks, chopped medium
2 cups cremini mushrooms, sliced
1 teaspoon sea salt or more to taste
½ teaspoon of ground pepper
½ cup red wine (optional)
28 oz diced organic tomatoes, 1 can
2 Tablespoons tomato paste
2 cups low salt vegetable broth
1 cup dried brown lentils
¼ cup fresh flat-leaf parsley, chopped for garnish

Procedure:

1. In a large pot cook the pasta according to package instructions, drain and set aside
2. Heat the olive oil in the same pot over medium heat, add the onion, sauté until translucent, add garlic stir 2 mins., add the spices, stir again.
3. Stir in carrots, celery, mushrooms, salt & pepper, cook 5 mins.
4. Add the wine and simmer until most of the liquid is absorbed, about 4 mins., add the diced tomatoes, tomato paste, broth, lentils, stir to combine
5. Bring to a boil, then cover, reduce the heat to low and simmer for 40 minutes, until the Bolognese has thickened, and lentils are cooked through, taste to adjust salt and pepper. Serve over pasta, Garnish with the parsley and a drizzle of olive oil

Chef's notes: For a lighter option, use zucchini noodles or spaghetti squash. There's 15g of protein in this dish

Recipe by Chef Kathryn Bari-Petritis 2021.

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