

Lentil Bolognese

Over Pasta



Serves:
4 to 6



Total Time:
35 minutes



Estimated Cost:
\$5

INGREDIENTS

- 1 cup dry brown or green lentils, rinsed,
- 1 can (28 oz) crushed tomatoes,
- 1 small onion, diced,
- 3 garlic cloves, minced,
- 2 tbsp olive oil,
- 1 tsp Italian seasoning,
- 1/2 tsp red pepper flakes (optional),
- 2 cups vegetable broth or water,
- Salt and pepper,
- 12 oz pasta of choice,
- Parmesan for serving



INSTRUCTIONS

- 1 Heat olive oil in a large pan over medium heat. Cook onion for 4 to 5 minutes until soft, then add garlic and cook another minute.
- 2 Add lentils, crushed tomatoes, broth, Italian seasoning, and red pepper flakes. Stir to combine.
- 3 Bring to a boil, then reduce heat and simmer uncovered for 25 minutes, stirring occasionally, until lentils are tender and sauce is thick.
- 4 Cook pasta according to package directions.
- 5 Serve pasta topped with lentil sauce and a generous shower of Parmesan.