

# Lentil Bolognese

 SERVES: 6

 TOTAL TIME:  
40 minutes

 ESTIMATED COST:  
\$0.75 per serving

## INGREDIENTS

- 1 cup green or brown lentils, rinsed,
- 1 can crushed tomatoes,
- 1 medium onion, finely diced,
- 2 medium carrots, finely diced,
- 3 cloves garlic, minced,
- 2 tbsp tomato paste,
- 1 tsp Italian seasoning,
- 1/2 tsp smoked paprika,
- 2 cups vegetable broth,
- 1 tbsp olive oil,
- Salt and pepper,
- Pasta and parmesan to serve



Hearty,  
comforting,  
and budget  
friendly!



## INSTRUCTIONS

- 1 Heat the oil in a large pot over medium heat. Cook the onion and carrot together for 6 to 7 minutes until soft.
- 2 Add the garlic and tomato paste and stir for a minute.
- 3 Add the lentils, crushed tomatoes, broth, Italian seasoning, and paprika. Bring to a boil, then reduce the heat, cover loosely, and simmer for 25 minutes until the lentils are tender and the sauce has thickened.
- 4 Season generously with salt and pepper.
- 5 Serve over pasta with parmesan on top.

