

Recipe

Lentil Bolognese

Recipe by Beth Ginsberg



PCF

Prep time: 30 mins Cook time: 60 mins Yield: 10 one-cup servings

Ingredients:

2 Tbsp olive oil	1/2 cup red pepper (<i>diced</i>)
2 cups beluga lentils	1 tsp fennel seed
1 quart vegetable stock	1 tsp chili flakes** <i>optional</i>
1 small onion (<i>small dice</i>)	<i>depending on desired</i>
2 Tbsp garlic (<i>chopped</i>)	<i>heat level</i>
1/4 cup fennel (<i>small dice</i>)	6 cups tomato sauce
1/2 cup carrots (<i>peeled</i>	2 fresh basil leaves
<i>and small dice</i>)	Sea salt and pepper to taste

To serve: Add your choice of pasta (*figure 2 ounces dry, per serving*). Variations to consider: whole wheat, chickpea, almond, spaghetti squash, or zucchini noodles (zoodles).

Steps:

1. Cook lentils in vegetable stock for about 40 minutes, just until tender but still a bit crunchy. Drain lentils.
2. While lentils are cooking, sauté onions and garlic in olive oil in a large pot.
3. Add remaining vegetables and sauté 30 seconds.
4. Add drained lentils and all remaining ingredients to the pot. Let cook on a low heat for about 20 minutes. Make certain to stir every 5 minutes.
5. If sauce gets too thick, add a little more stock or water.
6. While sauce is cooking, cook pasta per directions on the package.