

LENTIL BOLOGNESE



LENTIL BOLOGNESE

INGREDIENTS



1 Sweet Onion



2 Cloves of Garlic



1 tbsp Olive Oil



2 Large Carrots



2 Cups of Broccoli



1 Small Can of Tomato Paste



1 Large Can of Diced Tomatoes



1/2 Package of Spaghetti



1 Can of Lentils



1 tbsp of Dried Basil



1 tbsp of Dried Oregano



1 Vegetable Bouillon Cube



Chop the onion into small pieces.



Chop the garlic really small.



Wash and then cut the carrots and broccoli into small pieces.



Open the tomato paste, diced tomatoes, and lentils with a can opener.



Wash the lentils in a strainer.



Add 1 tbsp of olive oil into a pot.



Turn on the stove to medium heat.



Add the onions and garlic into the pot and let them cook until they become soft.



Add the tomato paste and diced tomatoes to the pot and stir.



Add 1 tbsp of oregano.



Add 1 tbsp of basil.



Add 1 bouillon cube and stir.



Add your chopped carrots and broccoli into the pot and stir.



Add the lentils to the pot and stir.



Let the pot cook on low heat for 15-20 minutes.



Fill another pot with water and put it on the stove at high heat until it starts to boil like the photo.



Place the pasta into the pot. Do not touch the water or the pot, it is hot!



Wait about 10 minutes for the pasta to get soft.

19



Put the spaghetti in a strainer in the sink.

20



Remove the sauce from the stove and serve it on top of your spaghetti. Enjoy!