



Lentil Bolognese



prep time
5 minutes



total time
25-45 min



servings
2-3

Ingredients

- 1 (28-ounce) /840 grams can salt-free diced tomatoes or tomato purée ~ 9 servings of veggies
- 1 (6-ounce)/180 grams can tomato paste ~ 2 servings of veggies
- 1 ½ cup/100 grams black beluga lentils, rinsed and drained ~ 1.25 serving of protein, 1.25 serving of carb
- 3 ½ cups water
- 1 onion, diced ~ 1 serving of veggies
- 4 cloves garlic, minced
- 2 carrots, grated or finely chopped ~ 1 serving of veggies
- 2 tablespoons Italian seasoning
- 2 teaspoons poultry seasoning
- Pinch of crushed red pepper flakes
- ½ cup packed fresh basil, chopped
- Sea salt and freshly ground black pepper
- Garlic powder and onion powder
- Splash of balsamic vinegar or red wine vinegar

Instructions

Pressure Cooker Method

- 1 Place the tomatoes, tomato paste, lentils, water, onions, garlic, carrots, Italian and poultry seasonings, pepper flakes, and ¼ cup chopped basil into a pressure cooker. Cook at high pressure for 20 minutes.
- 2 After releasing pressure, mix well, then season with salt, pepper, garlic powder, and onion powder to taste. Finish with the remaining fresh basil and a splash of balsamic vinegar or red wine vinegar.
- 3 Serve over rice, zucchini noodles, or roasted sweet potatoes.

Stovetop Method

- 1 Sauté the onions and garlic.
- 2 Cook all remaining ingredients for 30 to 40 minutes over high heat until the lentils are soft.



Whole Recipe Breakdown:

Protein: 1 ¼ servings

Carb: 1 ¼ servings

Fat: 0

Veggies: 13 servings

plant based entree

