

Lentil Bolognese



prep time 5 minutes





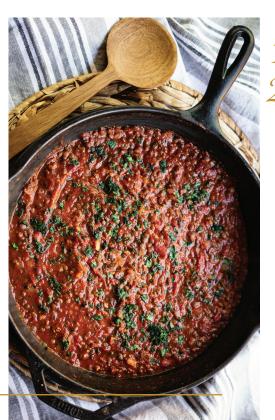
Ingredients

- 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
- 1½ cup/100 grams black beluga lentils, rinsed and drained ~ 1.25 serving of protein, 1.25 serving of carb
- 3 1/2 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

- 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.
- 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.
- Serve over rice, zucchini noodles, or roasted sweet potatoes.



Stovetop Method

Saute the onions and garlic.

for 30 to 40 minutes over high heat until the lentils are soft.

Whole Recipe Breakdown:

Protein: 1¼ servings Carb: 1¼ servings

Fat: 0

Veggies: 13 servings



