

# Simple Lentil Bolognese

*Yield: approximately 4 -6 servings*

- Avocado or other high heat oil
- 1 Medium onion, finely chopped (1 cup)
- 1 Tablespoon minced garlic
- 1 Teaspoon dried oregano  
(or 1 Tablespoon chopped fresh)
- 1 Can (6-ounce) tomato paste (1/4 cup)
- 1 ½ Cups vegetable broth
- ½ Cup whole lentils (green, brown)\*
- ¼ Cup walnuts or pecans or sunflower seeds, finely chopped
- 1 Can (14.5 oz.) whole or diced tomatoes
- 1 Tablespoon balsamic vinegar, or to taste
- Salt and freshly ground pepper
- Chopped parsley or basil, for garnish, optional



\*For faster cooking and more nutrient density, soak lentils for 30-60 minutes before using.

Heat a large saucepan over medium-high heat. Add oil to generously coat bottom. Once oil is hot, add onion and cook until they turn a light brown, stirring occasionally, about 3-4 minutes. Add garlic, oregano, and tomato paste; mix well and cook about 30 seconds until fragrant.

Add broth and scrap up any browned bits on bottom of pot. Add lentils and walnuts; stir to mix. Bring to a boil, then reduce to a simmer and cook 20 minutes, stirring occasionally.

Add tomatoes (if using whole, crush before adding) and cook at a simmer, stirring occasionally, for about another 15-20 minutes or until the lentils are tender. If sauce is too thick, add additional broth, as desired.

Remove from heat and add balsamic vinegar. Taste and add salt and freshly ground pepper to taste. Serve over cooked pasta and garnish with parsley, if desired.

Will keep refrigerated up to 7 days or freeze up to 3 months.