



Lentil Bolognese

Jacob · 30/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

4

Description

This lentil Bolognese sauce is a delicious vegetarian option for pasta. It's so tasty and just as nice as Bolognese with meat.

Ingredients

- 1 tablespoon olive oil
- or to taste - 1 onion
- finely chopped - 2 cloves garlic
- crushed and finely chopped - ½ red bell pepper
- thinly sliced - 1 carrot
- cut into small cubes - ½ cup thinly sliced mushrooms - ½ cup red wine - 1 (14 ounce) can diced tomatoes - 1 cup vegetable broth - 1 (15 ounce) can green lentils
- drained - 1 teaspoon ground paprika
- or more to taste - 1 teaspoon dried basil
- or more to taste - 1 teaspoon dried oregano
- or more to taste - 1 teaspoon mixed dried herbs
- or to taste - 1 pinch ground nutmeg

Instructions

1. Heat olive oil in a large pot over medium heat. Add onion and garlic; sauté until soft
2. about 5 minutes. Stir in bell pepper and carrot; cook for 4 to 5 minutes. Add mushrooms; cook and stir until softened
3. about 2 minutes. Pour in wine and simmer until slightly reduced
4. about 1 minute. Stir in diced tomatoes and vegetable broth. Bring sauce to a boil
5. then reduce the heat and simmer until flavors combine
6. 10 to 15 minutes. Stir in lentils
7. paprika
8. basil
9. oregano
10. mixed herbs
11. and nutmeg; cook until lentils are heated through
12. about 5 minutes. Cook's Note You can substitute white wine for red wine if preferred. You can use 3 ounces of dried green or du Puy lentils for this recipe. Just rinse them well
13. put them into a saucepan
14. and cover with cold water. Bring to a boil
15. then reduce the heat and simmer
16. uncovered
17. until tender
18. about 30 minutes. Then drain.