

Lentil Bolognese

Ingredients

- 1 Tbsp oil
- 1 onion (or a leek) finely chopped
- 3 cloves garlic finely chopped
- 4-6 cups vegetables chopped or grated (e.g. carrot, mushroom)
- 2 Tbsp tomato paste
- 2 cans tomatoes
- 2-3 cups of liquid stock
- 2-3 Tbsp red wine vinegar – you could use Worcestershire or Soy Sauce here too
- ¾ cup dried lentils (brown, red, split, etc.)
- 400g mince - if you're making this vegetarian double lentil and stock quantities
- 2 tsp mixed herbs
- ½ tsp salt
- 1 pack pasta (any variety works well)



Directions

- 1) Turn pan onto medium heat, add oil, onion and garlic, and cook for 2- 3 mins. In another pot, 3-4 cups of water to boil and add pasta packet.
- 2) If you're making the meat-based dish add the mince and cook until browned. For either version, add vegetables and cook until vegetables are slightly soft.
- 3) Add in the tomato paste, red wine vinegar (optional), tomatoes, stock, mixed herbs, salt and dried lentils. Stir to combine and bring to a slight boil (simmer).
- 4) Cover and cook for 20 mins. If the mix becomes too dry, add more liquid stock.
- 5) Remove lid and cook for a further 5-10 mins or until most liquid has been absorbed and lentils are cooked through.
- 6) Serve with pasta and top with a sprinkling of grated cheese.

Note: Canned lentils and frozen vegetables can be used in this recipe. If using canned lentils do not add the stock. Drain and then add the lentils in at step 5 rather than step 3. If using frozen vegetables add these in at step 5.

This recipe is courtesy of Regional Public Health and from their [Real Good Kai Cook Book](#)

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