

Red Lentil Bolognese Sauce

2 SERVINGS 40 MINUTES



INGREDIENTS

1/4 Yellow Onion (finely chopped)
2 Garlic (clove, minced)
2 tbsps Water
3/4 tsp Oregano
1/4 tsp Sea Salt
1/8 tsp Red Pepper Flakes
1/2 cup Dry Red Lentils (rinsed)
1 tbsp Tomato Paste
1 1/2 cups Vegetable Broth
1/2 cup Tomato Sauce
1 tbsp Balsamic Vinegar (divided)

DIRECTIONS

- 01 In a pot over medium heat, add the onion, garlic and water. Cook until the onion begins to soften and the water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
- 02 Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are very tender.
- 03 Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed and enjoy.

NUTRITION

AMOUNT PER SERVING

Calories	238	Carbs	44g
Fat	1g	Protein	15g