

# Lentil Bolognese

Serves 5-6



## Ingredients

- 1/2 tbsp oil
- 1 onion
- 3 cloves of garlic
- 2 carrots
- 120g (10 tbsp) dried red lentils )
- 400g tin chopped tomatoes
- 1 tbsp tomato puree
- 600ml vegetable stock
- 1 tsp basil
- 1 tsp oregano
- 1/2 tin sweetcorn (optional)
- 300g pasta

**Simple and easy to make. Lentils are a good source of protein and are filling**

**Grating vegetables into recipes is a great way to add more into your meals**

## Method

1. Peel and finely chop the onion
2. Peel and crush/finely chop the garlic
3. Wash and grate the carrots
4. Heat the oil in a pan and add the onion. Cook for 2 minutes
5. Add the garlic and carrot and fry for 5 minutes
6. Add the lentils, chopped tomatoes, tomato puree, stock, basil and oregano and bring to the boil
7. Reduce to a simmer and cook for 25 minutes until the lentils and vegetables are soft.
8. Whilst the bolognese is cooking cook the pasta in boiling water according to the packaging instructions
9. Drain the sweetcorn and add to the lentil mixture 5 minutes before the end of cooking time.
10. Drain the pasta once cooked
11. Serve - you could add grated cheese on top



**Suitable to freeze**