

Lentil Bolognese

Plantrician approved recipe by Summer Edwards



This wholesome lentil bolognese delivers all the hearty, savory flavor of traditional bolognese with the added nutrition of protein-packed lentils and vibrant vegetables. Perfect for a quick weeknight dinner over your favorite pasta or spaghetti squash!

Yield: 3 Cups of sauce

Ingredients:

- ½ cup Brown lentils
- 1 ½ cups Water
- 1 15-oz can Tomato sauce
- 1 cup Chopped kale
- 1 Carrot shredded
- 1 ½ tsp Dried basil
- 1 tsp Dried thyme
- 1 ½ tsp Garlic powder
- 1 tsp Onion powder

Directions:

1. Rinse the lentils and add them to a medium pot with 1½ cups water. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes.
2. Add shredded carrots to the lentils and continue cooking, covered, for 5 more minutes until lentils are tender and most of the water is absorbed.
3. Stir in the tomato sauce, basil, thyme, garlic powder, and onion powder. Bring to a simmer.
4. Add the chopped kale and cook for 3-5 minutes, stirring occasionally, until the kale is wilted and tender.
5. Serve over cooked spaghetti squash or whole grain pasta.

Notes:

Feel free to substitute other leafy greens or vegetables for the kale and carrots, such as spinach, zucchini, or bell peppers.

-Recipe Author

Summer Edwards is a Registered Dietitian Candidate at Andrews University with a B.S. in Nutrition and Dietetics from Metropolitan State University of Denver. Growing up mostly vegetarian, Summer developed a lifelong love of cooking and plant-based foods. She's passionate about creating nutritious recipes that are both healthful and flavorful.

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