



Lentil Bolognese

Hearty lentil bolognese makes an easy pasta sauce that's full of good-for-you ingredients.

AUTHOR:
[I Heart Eating](#)

PREP TIME:
15 minutes

COOK TIME:
30 minutes

TOTAL TIME:
45 minutes

SERVINGS:
[10 servings](#)

COURSE:
Main Course

CUISINE:
American

KEYWORD:
gluten free, lentil, vegan

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion (finely diced)
- 1 rib celery (finely chopped)
- 3 large carrots (peeled and chopped)
- 7 cloves garlic (minced)
- 6 ounce can tomato paste
- 15 ounce can tomato sauce
- 2-14.5 ounce cans diced Italian tomatoes
- 2 tablespoons dried sweet basil
- 1 teaspoon dried oregano
- 1/4 teaspoon baking soda
- Salt and pepper to taste
- 2 cups red lentils (rinsed and picked over)
- 2 cups water



INSTRUCTIONS

1. Heat olive oil in a large skillet.
2. Add onion, celery, and carrot.
3. Cook, stirring as needed, until softened, about 5-10 minutes.
4. Add garlic, and cook, stirring frequently, for 30 seconds.
5. Stir in tomato paste, and cook, stirring it in, for 1 minutes.
6. Add tomato sauce, diced tomatoes with juice, basil, oregano, baking soda, and salt and pepper to taste.
7. Stir in lentils and water.
8. Simmer, stirring regularly, until lentils have softened, about 20-30 minutes.



Tomato and Gluten-Free substitutes

Tips

- I've never had trouble with the lentils cooking in the recipe as-written. However, some people have reported that pre-cooking the lentils or partially cooking the lentils has worked better for them.
- Since this sauce is so hearty, it's great served over a sturdy pasta like a rigatoni (whole wheat, extra fiber, or just regular pasta all work).
- You can also serve this sauce over cooked spaghetti squash for a lower-carb dinner.



Heat olive oil in a large skillet. Add onion, celery, and carrot. Cook until softened, about 5-10 minutes.

Stir in the garlic and then the tomato paste.



Add the tomato sauce, diced tomatoes, seasonings, and baking soda. Season with salt and pepper to taste.

Stir in the lentils and water. Simmer until the lentils have softened.

NUTRITION INFORMATION SERVING: 1serving CALORIES: 195kcal (10%) CARBOHYDRATES: 31g (10%) PROTEIN: 11g (22%) FAT: 3g (5%) SODIUM: 414mg (17%) POTASSIUM: 782mg (22%) FIBER: 13g (52%) SUGAR: 6g (7%) VITAMIN A: 3545IU (71%) VITAMIN C: 11.5mg (14%) CALCIUM: 70mg (7%) IRON: 4.6mg (26%)