

# Lentil Spaghetti Sauce

Recipe adapted from *Dietitians of Canada Cook Great Food*



Servings: 6

## Ingredients:

- 1 Tbsp (15 mL) oil
- 1 large onion, chopped
- 1 large stalk celery, chopped (or substitute a green pepper)
- 2 cloves garlic, minced, or 1 tsp (5 mL) garlic powder
- 1 cup (250 mL) dry red lentils, rinses in a colander
- 2 cups (500 mL) beef broth or water
- 1 can (156 mL) tomato paste plus  $\frac{3}{4}$  cup (175 mL) water
- 1 tsp (5 mL) dried herbs such as oregano, basil, thyme, parsley
- $\frac{1}{2}$  tsp (2 mL) salt
- pinch cayenne pepper or dash of hot sauce
- grated cheese (optional)



## Preparation:

1. In a large saucepan, sauté the onion, celery and garlic in the oil for about 5 minutes
2. Add lentils and broth. Cover and cook over low heat for about 35 minutes until lentils are tender
3. Add tomato paste, water, and seasonings
4. Cook covered for about 15 minutes until lentils are soft and mushy
5. Serve over cooked spaghetti
6. Sprinkle with cheese (optional)

**Note** - if you don't have oil, you can use a solid fat like margarine, and it will melt into a liquid oil with the heat