







Easy + Delicious Vegan Lentil Bolognese with Soy Bean Spaghetti:

- 2, 15 oz. cans diced, unsalted tomatoes (or 3 cups of your favorite store bought or homemade [vegan] marinara sauce)
- 1 cup water (add more throughout as needed to reach desired thickness)
- 1/2 cup dry lentils*
- 1 onion, minced
- 1 medium carrot, grated or minced
- 1/2 a red bell pepper, minced
- 2.5 tsp italian seasoning
- 1 to 1.5 tsp smoked paprika
- 3/4 tsp garlic powder
- 2 pinches black pepper

Directions:

1. Add the the onions, carrots, and pepper into a non-stick saute pan over medium heat and a splash of water to the pan.
2. Add little splashes of water if the veggies begin to stick. Once the onions are translucent and soft, add all of the herbs and spices. Stir until the spices and herbs are completely mixed in.
3. Add the lentils, water, and diced tomatoes. Bring to a boil and reduce to a simmer for about 15-20 minutes.
4. After 15-20 minutes, the consistency should be slightly soupy by now. Take out about 2/3 of the mixture and blend it in a blender until it is a uniform sauce but still slightly chunky.
5. Add this back into your pan and cook for an additional 10 minutes on low to medium heat to evaporate the excess water brought out by the blending process.
6. Let cool for about 30 minutes and serve on your favorite pasta! I used 'The Only Bean' Soy Bean Spaghetti for a gluten and grain free alternative!

Notes:

*Using brown lentils will make a more brown sauce and red lentils will make a red toned sauce.