



BAKED RED LENTIL ROTINI

Serves 4

INGREDIENTS

12 oz red lentil rotini

For the Bolognese Sauce:

2 tbsp ghee

1 lbs grass fed ground beef

1 small onion minced

1 stalk celery minced

1 small carrot minced

18.3 oz (520g) crushed tomatoes

7 oz (200g) tomato paste

2 tsp Italian seasoning

1 tsp sea salt

pepper

pinch of cayenne pepper

2 cups of grated cheeses (like Parmesan and Emmental)

INSTRUCTIONS

Preheat the oven at 350° F/180° C

Cook the rotini according to the instructions (do not overcook). Set aside.

For the Bolognese Sauce:

In a large frying pan, melt the ghee over high heat. Add the onions and fry for two minutes until they turn translucent. Add the minced celery and carrots and fry for one more minute.

Add the ground beef and break apart with a spatula until it is fully cooked.

Add the crushed tomatoes, tomato paste, and salt. Stir until well combined. Cook the sauce on low heat for 20 minutes.

Add the Italian seasoning, pepper, and cayenne pepper.

Toss the pasta with the sauce until well combined. Add to a baking dish and sprinkle generously with cheese.

Bake the pasta for 20 minutes until the cheese is melted.

Guten Appetit!