

Lentil Pasta Sauce



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

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Serves: 6

Prep: 15 minutes | **Cook:** 45 minutes

INGREDIENTS

- 1 (14 ounce) jar pasta sauce
- 1 tablespoon olive oil (or other cooking oil)
- 2 cups mixed vegetables (such as onion, zucchini, mushrooms or spinach), diced
- 3 cloves garlic, minced
- 1 cup dry brown lentils
- 2 cups water
- 1 tsp. Italian seasoning
- Salt and pepper, to taste
- 1 pound cooked pasta, such as spaghetti
- ½ cup parmesan cheese (optional)

DIRECTIONS

1. In a large saucepan, heat oil over medium heat. Add vegetables and garlic. Sauté about 5 minutes.
2. Add lentils and water to vegetables and bring to a boil, stirring to make sure nothing sticks to the bottom of your pan. Reduce heat to low and simmer for 20 to 30 minutes, until lentils are just getting tender.
3. Stir in tomato sauce seasonings. Simmer for about 10 minutes. Sauce should be quite thick, but if it is too thick, add a spoonful or two of water.
4. Serve with your favorite pasta (and parmesan cheese, if using), and enjoy!

*Substitutions

3 cloves garlic → 2 tsp. garlic powder



Nutrition Information

Serving Size: 1/6 of recipe without cheese

Calories	470
Total fat	7 g
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	126 mg
Carbohydrates	79 g
Fiber	12 g
Sugars	7 g
Protein	22 g

Recipe adapted from AllRecipes