

Lentil Bolognese Pasta

Web Recipe · Dinner

445 cal · 25g protein · 68g carbs · 8g fat · 6 servings

Ingredients

- 12 oz whole wheat penne
- 1 cup dried green lentils rinsed
- 2.5 cups vegetable broth
- 1 can (28 oz) crushed tomatoes
- 1 can (6 oz) tomato paste
- 1 large yellow onion finely diced
- 2 medium carrots finely diced
- 2 stalks celery finely diced
- 4 cloves garlic minced
- 1 cup cremini mushrooms finely diced
- 2 tbsp olive oil
- 2 tsp dried Italian seasoning
- 1 tsp smoked paprika
- 2 tbsp balsamic vinegar
- 3 tbsp nutritional yeast

Instructions

1. Cook lentils in vegetable broth for 20-25 minutes until tender. Drain any excess liquid.
2. Cook pasta according to package directions. Drain and set aside.
3. Heat olive oil in a large pot over medium heat. Sauté onion, carrots, celery, and mushrooms for 8 minutes until softened.
4. Add garlic and cook 1 minute. Add Italian seasoning, smoked paprika, and red pepper flakes.
5. Add crushed tomatoes, tomato paste, and bay leaf. Simmer 15 minutes.
6. Stir in cooked lentils and balsamic vinegar. Remove bay leaf.
7. Toss with cooked pasta. Top with nutritional yeast and fresh basil.

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