



VEGAN BOLOGNESE

SERVES: 4 (1 cup each) Prep Time: 10 min. Cooking Time: 52 min.

CONTAINER EQUIVALENTS (per serving): 1 1½ 2 1

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1 Tbsp.	olive oil
1 cup	chopped mushrooms (approx. 5 oz.)
½ cup	finely chopped onion (approx. ½ medium)
¼ cup	chopped carrot (approx. ½ medium)
¼ cup	chopped celery (approx. ½ medium stalk)
4 cloves	garlic, finely chopped
2 Tbsp.	vinegar (red or white wine)
1 Tbsp.	reduced-sodium tamari soy sauce
½ tsp.	sea salt (or Himalayan salt), <i>divided use</i>
3 cups	reduced-sodium vegetable broth
1 (28-oz.) can	tomato puree
1¼ cups	dry brown lentils, rinsed
½ cup	unsweetened almond milk
2 Tbsp.	nutritional yeast
½ tsp.	ground smoked paprika
2	bay leaves
¼ cup	chopped fresh basil

1. Heat a large pot over medium-high heat; add oil. Heat until the first wisps of smoke rise; add mushrooms and cook, stirring occasionally, for 2 minutes, or until lightly browned.
2. Reduce heat to medium, add onion, carrot, celery, garlic, vinegar, tamari, and ¼ tsp. salt; cook 3 to 5 minutes, or until vegetables are tender.
3. Add broth, tomato puree, lentils, milk, nutritional yeast, paprika, bay leaves, and *remaining* ¼ tsp. salt. Bring to a boil; reduce heat to a low boil. Cook for 45 minutes, stirring occasionally, or until lentils are tender but not mushy.
4. Remove from heat. Discard bay leaves. Stir in chopped basil.
5. Serve immediately over your choice of whole-grain pasta (or zoodles), or store refrigerated in an airtight container for up to 5 days.

NUTRITIONAL INFORMATION (per serving): Calories: 368 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 374 mg Carbohydrates: 64 g Fiber: 12 g Sugars: 13 g Protein: 21 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.