



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## Lentil Bolognese

Start 2021 with this healthy take on Bolognese, featuring protein-packed lentils, fresh veggies, and herbs. Serve with squash noodles or a grain to up the nutritional component!



### INGREDIENTS

- 3/4 cup green lentils
- 1 tbsp olive oil
- 1 chopped medium onion
- 1 chopped medium carrot
- 2 chopped celery stalks
- 3 cloves garlic
- 1 tbsp tomato paste
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- pinch red pepper flakes
- salt and pepper, to taste
- 1/4 cup red wine
- 1 15 oz can tomatoes, diced
- 15 oz tomatoes, crushed
- 1/3 cup parsley, freshly chopped
- 1/4 cup basil, freshly chopped

### INSTRUCTIONS

1. Add lentils to a medium saucepot and cover with water. Bring to a boil on the stove-top then reduce to a medium-low simmer. Cook uncovered for about 15-20 minutes until cooked through but still have a bit of crunch/texture to them. You don't want them mushy as they will cook again in the sauce. Add water as needed while cooking to keep lentils covered. Drain and set aside.
2. While lentils cook, add olive oil to a large skillet over medium heat. Add onions, carrot and celery and cook for about 5 minutes until softened.
3. Add the garlic to the skillet, cook another minute until fragrant then add the tomato paste and stir to combine with the onion mixture.
4. Add the oregano, basil, red pepper flakes, salt and pepper and stir again to combine.
5. Add the red wine to the skillet, stir and cook for 1 minute until most of the wine has cooked off.
6. Add both diced and crushed tomatoes, stir, reduce heat to medium-low and cook for 10 minutes.
7. Add the lentils to the skillet, cook an additional 7-10 minutes, stirring occasionally. Season with more salt and pepper to taste. Add the parsley and basil, stir one last time and remove from heat.
8. Serve with pasta, squash noodles, polenta or grain of choice.

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