

Lentil bolognese

This hearty sauce is full of vegetables and protein. Serve over whole wheat pasta, roasted spaghetti squash, or spiralized vegetable noodles.



Kid-friendly



Vegetarian



Freezer-friendly



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
8

Ingredients

- 15 mL (1 tbsp) vegetable oil
- 1 onion, chopped
- 125 mL (½ cup) small diced celery
- 125 mL (½ cup) shredded carrots
- 3 cloves garlic, minced
- 15 mL (1 tbsp) tomato paste
- 750 mL (3 cups) lower sodium vegetable broth
- 1 can (796 mL/28 oz) crushed tomatoes
- 5 mL (1 tsp) dried basil
- 5 mL (1 tsp) dried oregano
- 375 mL (1½ cups) kale or spinach, chopped
- 1 can (540 mL/19 oz) lentils, drained and rinsed
- 2 mL (½ tsp) salt
- 1 mL (¼ tsp) black pepper

Directions

1. In a large pot, heat oil over medium heat. Sauté onions and celery for 2 to 3 minutes, until softened.
2. Stir in carrot and garlic and cook for 2 to 3 minutes.
3. Mix in tomato paste and cook for 1 minute.
4. Mix in broth, crushed tomatoes, basil, oregano, kale, and lentils. Stir in salt and pepper.
5. Simmer on low heat for about 20 minutes, until the sauce thickens.

Tips

- ✓ Involve kids by having them help grate carrots, chop spinach, and rinse lentils.
- ✓ Bolognese sauce can be prepared with a combination of lentils and animal-based protein, such as ground turkey or lean ground beef. Adjust the ratio of plant- and animal-based protein to your family's liking.
- ✓ Freeze leftovers for a quick and easy lunch or dinner.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



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