

# Lentil Mushroom Bolognese

Serves 8



## Ingredients:

- 2 Tablespoons olive oil
- 1 large carrot, finely diced
- 1 large celery stalk, finely diced
- 1 medium onion, finely diced
- 2 bay leaves
- ¼ teaspoon salt
- 8 ounces mushrooms, finely chopped
- 3 cloves garlic, minced
- 3 Tablespoons tomato paste
- ½ teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- ¼ teaspoon red pepper flakes
- 1 (28-ounce) can crushed tomatoes
- 1 (32-ounce) carton low-sodium vegetable broth
- 1 cup brown lentils



## Instructions:

1. Heat the olive oil in a skillet or saucepan over medium heat. Add carrot, celery, onion, bay leaves and salt to the skillet and sauté for 5 to 7 minutes or until onion is translucent.
2. Add the mushrooms and garlic and cook for 2-3 minutes as the mushrooms soften.
3. Stir in the tomato paste, black pepper, oregano, thyme, basil, and red pepper flakes and cook about 2 minutes, until the tomato paste melts into the vegetables.
4. Add crushed tomatoes, vegetable broth, and lentils. Stir to combine. Bring the sauce to a boil and reduce heat to low. Simmer, covered, for at least 30 minutes or until lentils are soft.
5. Store leftover Bolognese in an airtight container in the refrigerator for up to five days, or in the freezer for six months.

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### Nutrition Facts

**Serving Size** 1 × 8 Serving

**Amount Per Serving**

**Calories** 176.6

**% Daily Value\***

<b>Total Fat</b>	4.2 g	5 %
Saturated Fat	0.6 g	3 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	346.1 mg	15 %
<b>Total Carbohydrate</b>	28.7 g	10 %
Dietary Fiber	5.8 g	21 %
Total Sugars	7.9 g	
Added Sugars	0.6 g	1 %
<b>Protein</b>	9.4 g	
Vitamin D	0 mcg	0 %
Calcium	67.8 mg	5 %
Iron	3.7 mg	21 %
Potassium	709 mg	15 %

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Full Info at [cronometer.com](https://cronometer.com)

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