

Lentil Bolognese Sauce



Discover our lentil bolognese sauce, a simple and delicious option for weekday evenings. Easy to prepare and hassle-free, this vegetarian sauce is rich in fibre, providing hearty satisfaction for a quick and nutritious meal. Ideally, serve with lentil or chickpea pasta for even more fibre and protein!

Preparation 40 min

Cooking 30 min

Servings 8

Nutrition Facts (per serving)

Calories 170

Fat 4

Carbohydrates 26

Fibre 8

Protein 8

Sodium 380

Ingredients

- 3 cans (398 ml each) of unsalted tomato sauce
- 250 ml (1 cup) of dry red lentils, rinsed
- 2 bell peppers, coarsely chopped into 4-5 pieces each
- 30 ml (2 tbsp) of extra virgin olive oil
- 30 ml (2 tbsp) of dried oregano

- 5 ml (1 tsp) of salt
- 5 ml (1 tsp) of sugar
- Water, as needed
- 10 cloves of garlic
- Parmesan cheese, to taste
- Parsley, to taste

Preparation

1. In a large pot, over medium heat, mix all the ingredients except for the garlic. Cook, stirring regularly, for 30 minutes or until the lentils are tender. Add water to the sauce as needed.
2. After 30 minutes, blend the garlic and bell pepper pieces in an electric blender, then add the mixture to the pot and continue cooking for another 5 minutes on low heat.

Notes

Keeps for 5 days in the refrigerator and can be frozen for 3 months.



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