JERNEJ KITCHEN

LENTIL BOLOGNESE

Lentil Bolognese is a simple meatless recipe that both kids and adults love. This family gluten-free, dairy-free, and vegan meal is great for any day.

SERVES	6	PEOPLE
PREPARATION:	10	MINUTES
COOK:	50	MINUTES
TOTAL TIME:	60	MINUTES

LENTIL BOLOGNESE

3 tbsp olive oil

1 onion

2 celery stalks

2 carrots

3 garlic cloves

1 tbsp tomato paste

1 tsp dried thyme

1 tsp dried oregano and 1 bay leaf

1 tbsp balsamic vinegar

500 g (2 1/2 cup) dried brown or green lentils

750 g (3 1/3 cup) tomato passata

1000 ml (4 cups) water or vegetable stock

1 tsp diced parsley (to serve)

SOAK THE LENTILS

Add dried lentils to a bowl. Cover with water and set aside overnight.

COOK THE SAUCE

Place a large skillet over medium-low heat. Add olive oil and diced vegetable. Saute for 5 - 8 minutes until the vegetable softens. Increase the heat, add tomato paste, thyme, oregano, and bay leaf. Saute for another 2 minutes, then add the drained lentils, tomato passata, and water or vegetable broth. Cover with a lid, lower the heat to medium-low, and cook for 45 minutes or until the lentil is cooked.

TIP

Feel free to use canned lentils. In that case, cook the lentils for 15 minutes. If you don't soak the lentils beforehand, then the cooking time will be longer. Cook the lentils for 1 hour and 15 minutes, and add 300ml (1 1/4 cup) water more.

SERVE

Season your lentil bolognese to taste with salt and pepper. Sprinkle with diced fresh parsley and divide between six plates. Serve with your favorite side dish.

TOOLS AND EQUIPEMENT

bowl
large skillet