

LENTIL BOLOGNESE

VEGAN SPECIALTY

Lentil bolognese is a vegan alternative to the classic ground beef sauce. Vegetables and mushrooms make the pasta sauce a delightfully savory and healthy meal that is easy to prepare. Buon appetito!

PREPARATION

For the vegan lentil bolognese sauce, first finely chop the **garlic cloves and onion**. Wash the **mushrooms** thoroughly and dice as small as possible.

Afterward, combine everything in a pot and sauté lightly in **olive oil**. Add **tomato paste** and sauté briefly as well.

Now stir in the **black or mountain lentils** and add the **tomatoes** and **vegetable stock**.

Bring the bolognese to a simmer and simmer for about an hour, until the lentils are al dente. Add more stock if the lentils soak up too much liquid and the sauce becomes too thick. Season to taste with the **Italian seasoning**.

Cook the **spaghetti** according to the instructions on the package and drain. Now the only thing left to do is serve the noodles together with the vegan lentil bolognese and enjoy.



INGREDIENTS FOR 4 PORTIONS:

80 g	black lentils (or mountain lentils)
120 g	mushrooms (brown)
200 g	tomatoes (chopped or strained)
1	large onion
2	garlic cloves
1 tbsp	tomato paste
1 tsp	Italian seasoning (dried)
200 ml	vegetable stock
4 tbsp	olive oil
500 g	spaghetti