

Lentil Bolognese

Rich delicious and loaded with lentil goodness.

Categories

Gluten-free

Yields: 8 servings

Preparation time: 10 mins

Cooking time: 75 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Cooked



Ingredients

Carrots, cooked from fresh	2 medium - 6" to 7" long
Onion, white, yellow or red, cooked	1 large
Celery, cooked	3 medium - stalk - 7 1/2" to 8" long
Garlic, fresh	3 clove
Walnuts	1 cup
Olive oil	1.5 tablespoon
Basil, ground	1 teaspoon
Oregano, ground	2 teaspoon
Parsley, dried	1 teaspoon
Salt, sea salt	1 dash
Tomato paste	2 tablespoon
Organic vegetable broth, vegetable	3 x 1 cup
Lentils, cooked from dried	1 cup
Tomato, canned	1.5 cup
Red wine, other types	0.5 cup

Instructions

I soak lentils for at least 2 hours or overnight to decrease anti-nutrients. Though it is not necessary. You can use green or brown lentils.

1. In a food processor, combine fresh carrots, onion, celery and garlic. Pulse until mixture is finely chopped but not mush. Transfer to a bowl.
2. Place walnuts in food processor and pulse until the consistency resembles that of ground tofu not so beef.
3. Over medium heat add olive oil to large pot and then add vegetable mixture along with basil, oregano, parsley and salt. Cook for 20 minutes or until caramelized and excess moisture has evaporated, stirring often. Add tomato paste, stir and cook for 5 minutes.
4. Add vegetable stock, lentils, ground walnuts, and tomatoes. Season with salt to taste.

5. Reduce heat to medium - low, cover and simmer for 35 minutes or until lentils are cooked, stirring often. Remove the lid and cook 5 more minutes, stirring frequently.
6. Add the wine, stir and reduce until there is no liquid at the bottom of the pot, about 10 minutes.
7. Remove from heat.
8. Season with salt and pepper to taste.

Add to favourite pasta.