

Lentil and Mushroom Bolognese Sauce

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medium bowl for soaking
measuring cups and spoons
large saucepan
cutting board and knife
food processor
heatproof stirring spoon
kitchen scales
sieve for rinsing lentils

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- Place** in the bowl, cover with boiling water and set aside **1 cup red split lentils**

 - In the saucepan, over a medium heat, **warm** **2 TBS extra virgin olive oil**

 - Meanwhile in the processor, finely **chop** **1 large carrot**, cut into chunks
1 large onion, quartered
2 cloves garlic, peeled

 - Add** to the heated saucepan and **cook**, stirring occasionally, for 4 minutes.

 - Meanwhile, **process** until crumbly **450 g (1 lb) field mushrooms**, broken into chunks

 - Add** to the saucepan and again **cook**, stirring occasionally, for 4 minutes.

 - Drain** and **rinse** the lentils and **add** with **2½ cups bottled tomato passata**
1 cup vegetable or beef stock
¼ cup red wine or stock
2 bay leaves
1 TBS fresh oregano leaves
½ tsp dried chilli flakes (opt.)
½ tsp pink or sea salt
¼ tsp freshly cracked pepper

 - Simmer** uncovered for 20 minutes.

 - Remove** bay leaves and **serve** over your favourite type of pasta, noodles, or brown rice.
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