

Pasta Bolognese with Lentils

- 1 T olive oil
- 1 onion, diced
- 2 sticks celery, diced
- 2 carrots, diced
- 5 cloves garlic, minced
- 1 lb minced meat, browned (beef or lamb)
- 1 eggplant, peeled, cubed, sautéed until softened
- 1 lb mushrooms, sliced, sautéed until softened
- 2 c red lentils, cooked
- 1 28 oz can diced tomatoes
- 1.1 L (4 1/2 c) [tomato sauce](#)
- 2 t Kosher salt
- freshly ground black pepper
- 1 t dried oregano, or 1 tablespoon fresh
- 2 t brown sugar
- 1/2 t each powdered garlic, cinnamon, red chili flakes
- 500 g, 1 package pasta, cooked al dente ([Rotini](#) or [Capellini](#) were perfect)

Garnishes

- chopped parsley
- grated Parmigiano Reggiano
- hot pepper flakes

In a large pot, heat oil over medium heat. Add onion, carrot and celery and cook for 8 minutes, stirring occasionally, until softened. Add garlic, and cook 2 more minutes. Add all other ingredients, except for pasta and garnishes. Bring to a boil, then lower heat to simmer and cook for an hour. Taste to adjust seasoning. Try not to eat a full portion while sampling, like I just did. Serve bolognese over pasta and garnish with parsley, Parmigiano Reggiano and red pepper flakes. Serves 10-12. Sauce freezes well.

Note: This **Bolognese with Lentils** can be also be served over quinoa, roasted zoodles, spaghetti squash, cauliflower or broccoli. Or you can combine half-pasta, half one of these alternative bases for a lighter meal.

Jittery Cook