

## **Lentil Bolognese**

Traditional Bolognese is made with 3 kinds of ground meat, and is full of saturated fat. This vegan version is still loaded with protein (all essential amino acids are present) and lots of authentic flavor. And it'll be kinder to your wallet! This recipe can be made in an Instant Pot, or on the stovetop.

### **Ingredients:**

- 2 Tbsp. extra-virgin olive oil (*or water if not wanting to use oil*)
- 1 yellow onion, minced
- 2 stalks celery finely chopped
- 2 carrots finely chopped
- 1 cup finely chopped Crimini or shiitake mushrooms
- 4 cloves garlic, minced
- 2 Tbsp. tomato paste
- 1/3 cup red wine
- 1 cup dried green lentils
- One 28-ounce can crushed tomatoes
- 3/4 cup water
- 1 bay leaf
- 1 tsp dried thyme
- 2 tsp dried oregano
- Dash red pepper flakes
- 1 Tbsp. balsamic vinegar
- Sea salt and black pepper to taste
- Chopped parsley



### **Instant Pot Directions:**

1. Press the sauté function key on your Instant Pot and heat the olive oil or water. Add the onion, celery and carrots and season with salt/pepper. Keep the lid off and sauté for 5 minutes, or until the onions are clear and the vegetables are soft.
2. Add the mushrooms and garlic. Cook for 4 to 5 minutes, or until the mushrooms are soft and have released some liquid and the garlic is fragrant. Add the tomato paste and stir to incorporate, let brown for 2-3 minutes. Add the red wine and stir, scraping any browned bits from the bottom of the pot and let the alcohol evaporate.
3. Add the lentils, tomatoes, water and spices to the Instant Pot, close the steam release knob and set to manual pressure for 20 minutes.
4. When the sauce is done cooking, allow the pressure to release naturally for 10 minutes. Stir in the balsamic vinegar, taste and adjust seasoning with salt and pepper. Serve over cooked whole grain pasta or brown rice and top chopped parsley.

## StoveTop Directions:

1. In a large pot or Dutch oven coated with the olive oil or water, sauté the onion, celery and carrots and season with salt and pepper.
2. Keep the lid off and sauté for 5 minutes, or until the onions are clear and the vegetables are soft.
3. Add the mushrooms and garlic. Cook for 4 to 5 minutes, or until the mushrooms are soft and have released some liquid and the garlic is fragrant. Add the tomato paste and stir to incorporate and let brown for 2-3 minutes. Add the red wine and stir, scraping any browned bits from the bottom of the pot, let the alcohol evaporate.
4. Add the lentils, tomatoes, water and spices.
5. Cook all ingredients for 30 to 40 minutes over medium high heat until the lentils are soft.
6. Stir in the balsamic vinegar, taste and adjust seasoning with salt and pepper. Serve over cooked whole grain pasta or brown rice and top chopped parsley.

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