

GARDEN BOLOGNESE

NUTRITION FACTS

Serving size: 8 oz bolognese, 4 oz rotini; Amount per serving: Calories 314, Protein 12g, Carb. 56g, Fiber 6g, Fat 4g, Sodium 112mg

INGREDIENTS

- 1 c white mushrooms, minced
- 1 c cremini mushrooms, minced
- 1 medium Spanish onion, diced into ¼-inch pieces
- 3 garlic cloves, chopped
- 1 carrot, diced into ¼-inch pieces
- 1 stalk celery, diced into ¼-inch pieces
- 1 low sodium vegetable bouillon cube
- 2 T olive oil
- 1 c canned tomato purée
- 1 c canned diced tomatoes with liquid
- 1 c canned crushed tomatoes
- 1 c red wine
- 2 T fresh basil, chopped
- 1 T fresh oregano, chopped
- ½ c lentils, cooked per directions on package
- 1 tsp ground black pepper

DIRECTIONS

1. Heat a sauce pan on medium; add olive oil.
2. Add carrots, onions and garlic and sweat for 2 minutes.
3. Add minced mushrooms and sauté until they wilt.
4. Add wine and cook until liquid is reduced by half.
5. Add puréed tomato purée, diced tomatoes and crushed tomatoes, and cook for 45 minutes.
6. Add the cooked lentils and cook for 10 more minutes.
7. Add the herbs and black pepper.
8. Serve over pasta of your choice; 1lb of pasta will feed 6 people.

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