

mushroom Lentil bolognese



INGREDIENTS

- 4 oz. olive oil
- 1 carrot, finely diced
- 1 celery stalk, finely diced
- 1 small onion, finely diced
- 10 oz. mushrooms, finely minced
- 4 garlic cloves, minced
- 3 cups diced tomatoes, with juice
- 2 cups vegetable stock
- 2 tbs. tomato paste
- 2 bay leaves
- 1 tsp. Italian seasoning
- 1½ cup lentils, dry
- salt and pepper, to taste

DIRECTIONS

1. Place pot over medium-high heat. Add oil and wait until shimmering, then add carrot, onion, and celery. Saute for two minutes, then add garlic and saute for an additional 45 seconds.
2. Add mushrooms. Cook until soft. Add lentils, diced tomatoes, vegetable stock, tomato paste, bay leaves, Italian seasoning, and salt and pepper. Bring to a simmer.
3. Simmer for 30 minutes or until lentils are soft, but not over-cooked. Taste and adjust seasoning as needed.