Lentil Spaghetti Sauce

Serves 6 | Serving size: 1 cup

Ingredients Needed:

- 1 cup dried lentils
- 2 ½ cups water
- 2 tablespoons vegetable oil
- 1 medium onion, chopped
- 2-4 celery stalks, depending on size, chopped (~1 cup)
- 4–5 cloves garlic (2–2 ½ teaspoons), minced
- 2 cups tomato puree
- 1 teaspoon each oregano, basil, and thyme

Directions:

1. Combine lentils and water in a covered pot and bring to a boil. Reduce heat and simmer for 15–20 minutes, until the water is mostly gone.
2. Heat oil in a frying pan on medium heat. Add onion and stir for 2–3 minutes, add celery and garlic, and stir for a few more minutes until celery is soft.

3. Combine cooked vegetables, tomato puree, oregano, basil, and thyme with cooked lentils.

4. Simmer uncovered for about 30 minutes, stirring as needed, until sauce has thickened.