

Lunch Recipe: Red Lentil Mushroom Ragu

Ingredients

1 1/2 cups of red lentils

1 package of bella mushrooms (chopped)

2 cups of vegetable broth

2 tablespoons of olive oil

1 can of diced tomatoes (15 ounces)

1 can of crushed tomatoes (15 ounces)

3 tablespoons of tomato paste

1 cup of onion (chopped)

4 cloves garlic (chopped)

¾ cup of celery (chopped)

1 cup of carrots (chopped)

1/2 teaspoon of basil

1 teaspoon of thyme

1 teaspoon of oregano

1/4 teaspoon crushed red pepper flakes

12 ounces of farfalle pasta

1/2 cup reserved starchy pasta water

¼ cup of parsley (for garnish)

½ cup of parmesan cheese

1 1/2 teaspoon of salt (more to taste)

Instructions

1. Take a large pot and heat olive oil over medium heat.
2. Add the onions, celery, and carrots and cook for until translucent.
3. Next, add the garlic and mushrooms.
4. Stir mixture together. Let cook for 4-6 minutes.
5. Next, add tomato paste, vegetable broth, crushed tomatoes, diced tomatoes, lentils, thyme, oregano, basil, red pepper flakes, and salt. Mix well.
6. Let simmer for about 30 minutes.
7. Cook pasta of your choice according to instructions on the box. Save ½ of pasta water.
8. Next, pour ½ of reserved pasta water into the sauce and mix well. Add in your pasta.
9. Serve and garnish with fresh parsley and freshly grated parmesan cheese.