

Vegan Lentil Bolognese*

A hearty and flavorful vegan Bolognese made with lentils, vegetables, and a blend of aromatic spices. Perfect for a comforting and nutritious meal.

Prep Time: 15 minutes

Total Time: 55 minutes

Cook Time: 40 minutes

1 lb Dry Lentils (rinsed and drained)
1 lg Onion (diced)
3 cloves Garlic (minced)
2 lg Carrots (diced)
2 stalks Celery (diced)
1 28-oz can Crushed Tomatoes
2 T Tomato Paste
1 C Vegetable Broth

1 T Olive Oil
1 † Dried Basil
1 † Dried Oregano
1/2 † Red Pepper Flakes (optional)
Salt and Pepper to taste
1 T Blackberry Sage Oolong tea (ground)
1 lb Pasta (your choice)

PREPARE THE VEGETABLES: In a large pot, heat the olive oil over medium heat. Add the onion, garlic, carrots, and celery. Sauté until the vegetables are softened.

ADD THE LENTILS AND TOMATOES: Stir in the lentils, crushed tomatoes, tomato paste, vegetable broth, dried basil, dried oregano, red pepper flakes (if using), salt, pepper, and ground Blackberry Sage Oolong tea.

SIMMER: Bring the mixture to a boil, then reduce the heat and let it simmer for about 30-40 minutes, or until the lentils are tender and the sauce has thickened.

COOK THE PASTA: While the sauce is simmering, cook the pasta according to the package instructions.

COMBINE AND SERVE: Drain the pasta and serve it topped with the lentil Bolognese sauce.

NOTE: This vegan lentil Bolognese can be stored in the refrigerator for up to 5 days or frozen for up to 3 months.