



Makes 2-3 servings
Cook Time: 30 minutes

INGREDIENTS:

1 (28-ounce) can salt-free diced tomatoes or tomato purée

1 (6-ounce) can tomato paste

1 ½ cup black beluga lentils, rinsed and drained

3 ½ cups water

1 onion, diced

4 cloves garlic, minced

2 carrots, grated or finely chopped

2 tablespoons Italian seasoning

2 teaspoons poultry seasoning

Pinch of crushed red pepper flakes

½ cup packed fresh basil, chopped

Sea salt and freshly ground black pepper

Garlic powder and onion powder

Splash of balsamic vinegar or red wine vinegar

Budget-Friendly Lentil Bolognese

A tasty Lentil Bolognese is a must for your recipe arsenal, and this one passes the test for a busy student—or anyone in a hurry or on a budget. Made in a pressure cooker, this Lentil Bolognese is a quick and healthy spin on a traditionally meat-based sauce.

By Andrew Beauchesne, MD

- 1** Pressure cooker method: Place the tomatoes, tomato paste, lentils, water, onions, garlic, carrots, Italian and poultry seasonings, pepper flakes, and ¼ cup chopped basil into a pressure cooker. Cook at high pressure for 20 minutes.
- 2** After releasing pressure, mix well, then season with salt, pepper, garlic powder, and onion powder to taste. Finish with the remaining fresh basil and a splash of balsamic vinegar or red wine vinegar.
- 3** If you'd prefer a smoother consistency, transfer 2 to 3 cups of the sauce to a blender with a tight-fitting lid covered with a towel and puree until smooth.
- 4** Serve over whole-grain pasta, zucchini noodles, or roasted sweet potatoes.