

Vegetarian Lentil Spaghetti Sauce (Spaghetti 4)



This recipe swaps the meat for legumes and vegetables in a basic American-style meat sauce—resulting in delicious, plant-powered texture, color and flavor for your pasta.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

¼ tsp, <u>divided</u>	Kosher Salt
½ lb. (8 oz)	Brown Lentils, dried
2 tsp	Olive Oil
1 medium	Yellow Onion, small dice
½ medium	Red Bell Pepper, small dice
1 stalk	Celery, small dice
8 oz	Cremini Mushrooms, minced
2 cloves	Garlic, minced
1 (15 oz) can	Tomato Sauce
1 tsp	Worcestershire Sauce
1 cup	Water
2 tsp	Italian Seasoning
To taste	Black Pepper

CHEF'S NOTES

To store, cool the sauce and refrigerate for up to a week, or freeze for a few months for an easy quick meal later.

For class: Your chef will provide ¾ cup of white spaghetti for you to create a “show plate”. Top the spaghetti with ¾ cup of sauce and any desired garnishes. Leave the remaining sauce in the pot.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a small pot, bring lightly salted (¼ tsp) water to a boil. Once boiling, add the lentils. Cook the lentils until tender, about 20 minutes. Strain the lentils and set aside.
3. Meanwhile, in a medium pot, heat the oil over medium-high heat. Once the oil is hot, add the onions and cook until they are translucent (clear) and soft, about 2-4 minutes.
4. Add the bell pepper, celery, mushrooms, and garlic to the pot (in that order). Sauté until the vegetables are tender, about 5-7 minutes, stirring occasionally.
5. Add the lentils, tomato sauce, Worcestershire sauce, water, remaining ¼ tsp salt, and spices and bring the pot to a simmer. Stir the sauce every few minutes as the sauce slowly thickens. Simmer until the sauce is thickened, about 5-10 minutes.

Nutrition Facts

8 servings per container

Serving Size 3/4 cup Sauce (170 g)

Amount per serving

Calories 140

% Daily Value *

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 24g 9%

Dietary Fiber 5g 16%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 9g 17%

Vitamin D 0.02mcg 0%

Calcium 30mg 2%

Iron 3mg 14%

Potassium 500mg 11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container

Serving Size 3/4 cup spaghetti with 3/4 cup sauce (170 g)

Amount per serving

Calories 350

% Daily Value *

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 66g 24%

Dietary Fiber 10g 34%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 16g 31%

Vitamin D 0.02mcg 0%

Calcium 30mg 2%

Iron 3mg 14%

Potassium 500mg 11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe adapted from *Health meets Food*, "Spaghetti with Lentils (Spaghetti 4)" (6/6/19)



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