

# Meat & Lentil Spaghetti Sauce (Spaghetti 3)



*This recipe is loaded with vegetables and legumes to bulk up a basic American-style meat sauce – adding more texture, color, flavor, and fiber.*

YIELD	PREP TIME	TOTAL TIME
6 SERVINGS	15 MIN	45 MIN

## INGREDIENTS

¼ tsp, <u>divided</u>	Kosher Salt
¼ lb. (4 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
4 oz	Cremini Mushrooms, minced
2 cloves	Garlic, minced
½ lb. (8 oz)	Ground Beef, 90/10
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 whole wheat 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 ground beef to the vegetables. Using a wooden or metal spoon, break up the beef into small pieces. Continue to cook the beef, stirring every few minutes, until no pink remains.
6. Add the lentils, tomato sauce, Worcestershire, water, 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

6 servings per container

**Serving Size** 3/4 cup sauce (170 g)

Amount per serving

**Calories** 180

% Daily Value \*

**Total Fat 6g** 7%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol 25mg** 8%

**Sodium 460mg** 20%

**Total Carbohydrate 20g** 7%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein 14g** 28%

Vitamin D 0.04mcg 0%

Calcium 40mg 3%

Iron 3mg 16%

Potassium 600mg 13%

\*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

6 servings per container

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

Amount per serving

**Calories** 390

% Daily Value \*

**Total Fat 7g** 9%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

**Cholesterol 25mg** 8%

**Sodium 460mg** 20%

**Total Carbohydrate 61g** 22%

Dietary Fiber 9g 32%

Total Sugars 7g

Includes 0g Added Sugars 0%

**Protein 21g** 42%

Vitamin D 0.04mcg 0%

Calcium 40mg 3%

Iron 3mg 16%

Potassium 600mg 13%

\*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 Meat & Lentils (Spaghetti 3)" (6/6/19)



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