

Penne with Red Lentil Bolognese Sauce

13 ingredients · 40 minutes · 3 servings



Directions

1. To a pot over medium heat add the onion, garlic and water. Cook until the onion begins to soften and water evaporates. Add the oregano, salt and red pepper flakes and cook for an additional minute.
2. Stir in the lentils and tomato paste. Add the vegetable broth, tomato sauce and half of the balsamic vinegar and stir to mix well. Bring the sauce to a gentle boil then reduce heat and simmer for about 30 minutes or until lentils are tender. Stir in the remaining balsamic vinegar and continue to simmer for 2 to 3 minutes more. Season with additional salt if needed.
3. Meanwhile, cook the pasta according to package directions. Reserve some of the starchy cooking liquid before draining the pasta.
4. To assemble, set half of the lentil sauce aside. Stir the reserved cooking liquid into the lentil sauce, adding a little at a time until your desired thickness is reached. Toss the cooked penne noodles with the sauce. Divide the pasta between plates and top with the remaining lentil sauce and nutritional yeast, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Use your favorite marinara sauce instead of tomato sauce. Add a drizzle of honey or freshly chopped basil or oregano at the end.

Additional Toppings

Top with extra red pepper flakes or fresh oregano.

No Penne

Use your favorite noodles or spiralized vegetables instead.

Ingredients

- 1/4 Yellow Onion (finely chopped)
- 2 Garlic (clove, minced)
- 2 tbsps Water
- 3/4 tsp Oregano
- 1/4 tsp Sea Salt
- 1/8 tsp Red Pepper Flakes
- 1/2 cup Dry Red Lentils (rinsed)
- 1 tbsp Tomato Paste
- 1 1/2 cups Vegetable Broth
- 1/2 cup Tomato Sauce
- 1 tbsp Balsamic Vinegar (divided)
- 2 1/2 cups Brown Rice Penne
- 1 tbsp Nutritional Yeast (optional)

Nutrition

Amount per serving

Calories	520	Vitamin C	5mg
Fat	4g	Calcium	33mg
Saturated	0g	Iron	5mg
Carbs	102g	Vitamin D	0IU
Fiber	12g	Vitamin B6	2.6mg
Sugar	5g	Folate	5µg
Protein	18g	Vitamin B12	11.3µg
Cholesterol	0mg	Magnesium	12mg

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Sodium	542mg	Zinc	0mg
Potassium	771mg	Selenium	1µg
Vitamin A	558IU		