

# plantifully based

## LENTIL BOLOGNESE

### INGREDIENTS

12-3 CLOVES OF GARLIC, CHOPPED  
1/2 SMALL VIDALIA ONION, CHOPPED  
[65G]  
1 CARROT, PEELED AND CHOPPED [45G]  
1 1/4 CUPS GREEN LENTILS [250G]  
2 1/4 CUPS WATER [560ML]  
2 15 OZ CANS TOMATO SAUCE [810G]  
1/2 TSP SALT OR TO TASTE  
1/4 TSP BLACK PEPPER OR TO TASTE  
1/4 TSP RED CHILI FLAKES OR TO TASTE  
1 TSP ORGANIC SUGAR  
350G PASTA OF CHOICE (I USED  
CHICKPEA PASTA)



### METHOD

1. Sauté the onion, carrot, garlic in water in a pan for 10 minutes with 1/4 cup of water. You can also add them directly to the crockpot but I like to develop the flavors first ahead of time.
2. In your slow cooker add the cooked onions, carrots, garlic, lentils, water, lentils, tomato sauce, salt, pepper, chili flakes and sugar.
3. Mix them together and cook on high for 4 hours and 30 minutes or cook on low for 7 hours, stirring occasionally.
4. 20 minutes before you are ready to eat prepare your pasta of choice.
5. Drain it and add it to the crockpot with the prepared lentils bolognese. Mix together.
6. Serve with warm and sprinkle with extra red pepper flakes or vegan parmesan if you like (will make this no longer oil free depending on brand).