

# Vegan Lentil Spaghetti Bolognese

Rich and hearty vegan lentil spaghetti bolognese made with protein-packed lentils. A healthy plant-based twist on the classic Italian dish.

20 min

PREP

40 min

COOK

1h

TOTAL

2

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 1 tbsp olive oil
- 1 onion
- 2 clove garlic
- 2 carrot
- 1 cup mushroom
- 3 potato
- 1 cup green lentil
- 2 tbsp parsley
- 1 pinch salt
- 1 tbsp cumin
- 2 tbsp tomato paste
- 2 tsp paprika
- 4 cup vegetable broth
- 1 pack egg free pasta

## Instructions

### 1 Prepare vegetables

Dice 1 onion into small pieces. Mince 2 garlic cloves. Dice 2 carrots and 3 mushrooms into small, uniform pieces about ¼-inch in size.

### 2 Cook aromatics

Heat 1 tablespoon olive oil in a large saucepan over medium heat. Add the diced onion and cook for 5-6

minutes, stirring occasionally, until soft and translucent.

- 3 Add minced garlic and cook for 30 seconds until fragrant. Add diced carrots and mushrooms, cooking for 8-10 minutes until vegetables are tender and lightly browned.

- 4 **Build sauce base**

Stir in 2 tablespoons tomato paste and cook for 1-2 minutes until it darkens slightly and loses its raw smell. Add 1 cup red lentils, 2 teaspoons oregano, and 1 pinch each of salt and pepper, stirring to coat evenly.

- 5 Add 1 tablespoon soy sauce and 4 cups vegetable broth. Bring to a boil over high heat, then reduce to low and simmer for 20-25 minutes, stirring occasionally, until lentils are tender and sauce has thickened.

- 6 **Cook pasta**

Meanwhile, bring a large pot of salted water to a rolling boil. Add 1 pack spaghetti and cook according to package directions, typically 10-12 minutes, until al dente (firm to the bite).

- 7 **Finish and serve**

Taste the lentil sauce and adjust seasoning with salt and pepper as needed. Drain the pasta and divide between 2 serving bowls.

- 8 Top each bowl generously with the lentil bolognese sauce and serve immediately while hot.

## Tips

Use green or brown lentils for the best texture - they hold their shape better than red lentils and won't turn mushy during cooking.

Sauté your vegetables until they're properly softened before adding the lentils. This builds a strong flavor foundation for your sauce.

Don't skip the tomato paste - cook it for a minute or two to eliminate the raw taste and concentrate the tomato flavor.

Add a splash of red wine or balsamic vinegar for extra depth of flavor, or use a tablespoon of soy sauce for umami richness.

Let the sauce simmer low and slow to allow the lentils to absorb all the flavors while maintaining their texture.

Cook your pasta al dente since it will continue to cook slightly when combined with the hot sauce.

Taste and adjust seasoning at the end - you may need more salt, pepper, or herbs to balance the flavors.

If the sauce becomes too thick, thin it with pasta cooking water or vegetable broth rather than plain water for better flavor.

