

COMPLIANT LENTIL BOLOGNESE SAUCE

This compliant Bolognese gives you that yummy Italian flavour without oil or salt. I serve this over rice, or spaghetti squash noodles or zoodles.

Ingredients:

* 1 cup green lentils, rinsed and preferably soaked overnight
* 4 cups filtered water
* 2 bay leaves
* 1 onion, diced
* 1 bell pepper, diced
* 1 small can tomato sauce, preferably no salt
* 1 large can diced tomatoes, preferably no salt
* 1 small can kidney beans, rinsed (optional)
* 4-6 large mushrooms, sliced or diced
* 2 Tbs. dried parsley
* 1 Tbs. dried oregano
* 1 Tbs. dried basil
* 1 Tbs. fennel seeds
* 1 Tbs. onion powder
* 1 Tbs. garlic powder
* Pepper to taste

Method:

1. Rinse lentils and put in a big pot.
2. Add 4 cups of filtered water and the bay leaves and bring to a boil. Reduce heat to low medium and cook for about 20 minutes.
3. While lentils are cooking, chop the onion and bell pepper and add to the pot.
4. When lentils, onion and pepper are soft, add tomato sauce, diced tomatoes, kidney beans (if using), mushrooms, parsley, oregano, basil, fennel seeds, onion powder, garlic powder and pepper.
5. Reduce heat to low and let cook an additional 10 minutes.
6. Remove and discard bay leaves and serve. Or let cool and put into 2-cup storage containers.

Note: You can use no-salt Italian seasoning to replace dried parsley, oregano and basil if that’s what you have at home.