



# From our kitchen to yours

The chefs from RBG's on-site catering team are providing weekly recipes from their kitchen for you to create at home. Bon appétit!

**VEGAN**

## Lentil Bolognese

### OVERVIEW

Prep Time: 45 minutes  
Total Time: 45 minutes

### INGREDIENTS

2 Tbsp. olive oil  
1 large onion (fine dice)  
1½ cup carrot (fine dice)  
1½ cup celery (fine dice)  
1½ cup brown lentils  
2 Tbsp. dried oregano  
2 Tbsp. dried parsley  
1 tsp. sugar  
2 tsp. black pepper  
1½ tsp. salt  
3 cups vegetable stock (divided)  
28 oz. canned tomatoes

Additional ingredients:  
Prepared pasta

### DIRECTIONS:

1. In a large pot, sauté the onion, carrot, and celery in olive oil over medium-high heat until they have a bit of colour.
2. Add lentils, oregano, parsley, sugar, salt, pepper, and 2 cups of stock to the pot. Bring to a boil, and turn down to a simmer. Cook for approximately 20 minutes, or until the broth has been absorbed.
3. Add remaining stock and canned tomatoes. Bring to a boil, then turn down to a simmer. Cook for another 20–30 minutes or until sauce has thickened. The lentils should still have some texture.
4. Serve over your choice of prepared pasta.

