



Lentil Bolognese

Ingredients

2 tablespoons olive oil
1 large onion, diced
1 1/2 cup carrots, small diced
1 1/2 cups celery diced
4–6 cloves garlic, rough chopped
1 1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon chili flakes- optional
1 tablespoon fresh oregano or thyme (or 2 teaspoons dried Italian herbs)
1/3 cup tomato paste
1/4 cup dry red wine
1 1/4 cup black caviar lentils
1 can diced tomatoes with juice
3/4 cup hemp seeds
2 teaspoons balsamic vinegar
Vegan Parmesan

Instructions

In a big pot or Dutch oven, heat the oil over medium-high heat. Add the onion and stir-fry it for two to three minutes, or until aromatic. Add the garlic, celery, carrots, chili flakes, salt, and pepper after lowering the heat to medium. Stirring, sauté for 7 to 8 minutes.

Stir in the tomato paste and brown it slightly in the pan (this will enhance the flavor). If desired, deglaze with wine, making sure to scrape out any browned parts. Add the tomatoes and their juices and simmer for a few minutes, or until the majority of the wine has evaporated.

Add the hemp seeds, lentils, and vegetable stock. Once the lentils are ready, reduce heat to low, cover closely, and simmer for 20 to 25 minutes.