

Fast Lentil Bolognese (Lentil Sauce Pasta)

Makes 6-8 servings | Protein • Grains

Ingredients

- 1 24-ounce can spaghetti sauce
- 2 cup cooked lentils
- 2 cups or 16-ounce package of dry pasta

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. If lentils are not already cooked, follow package directions and cook first.
3. Rinse lentils under cold water after cooking.
4. In a medium sauce pan over medium heat, warm the spaghetti sauce stirring constantly until evenly heated through.
5. Add the cooked lentils to the spaghetti sauce, and heat through.
6. Cook pasta according to package instructions.
7. Combine the sauce and pasta.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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