

# Vegetarian Bolognese

**Serves 4, with leftovers for 4**

## Ingredients

2 tbsp olive oil  
2 large onions, finely chopped  
3 carrots, grated  
3 celery sticks, finely chopped  
Punnet button mushrooms, chopped  
4 cloves garlic, finely chopped or grated  
1 tsp dried thyme or mixed herbs (or use fresh)  
4 tbsp tomato puree  
400g Puy or small green lentils, rinsed and drained  
1 tin chopped tomatoes  
1 – 1.5L veg stock (make with good quality bouillon e.g. Marigold)  
2 tbsp balsamic vinegar  
Optional: 1 tbsp miso paste, dried mushrooms or soya sauce for added flavour  
Salt and pepper to taste  
Chopped fresh parsley and parmesan cheese to serve

## Method

1. Heat a large frying pan or casserole dish, add the oil, onions, carrots, celery and mushrooms and saute over a medium heat until softened, 6 – 8 minutes. Add a splash of water if the veg begin to stick
2. Add the garlic and thyme or mixed herbs and stir before adding the tomato puree.
3. Stir well, then add the lentils, tin of tomatoes and 1L of the veg stock
4. Bring to the boil and then reduce the heat and simmer gently for 25 minutes or until the lentils are tender and the sauce has reduced. Add the rest of the stock as needed
5. Add the balsamic vinegar and miso / dried mushrooms / soya if using. Season well.
6. Serve topped with fresh parsley and parmesan cheese, with wholegrain pasta and a mixed salad

This recipe freezes well. Allow to cool completely before freezing.

Quick tip: speed up prep time by chopping veg in your food processor