



**NUTRITION
MISSION**

optimising your health, naturally

www.nutritionmission.co.uk

Lentil Bolognese



Serves 4

Ingredients

175g brown lentils
1 medium onion, finely chopped
15ml olive oil
2 cloves garlic, crushed
1 tsp dried herbs
1 x 400g tin of tomatoes
2 tbsp tomato puree
350g mushrooms, sliced
Freshly ground black pepper

1. Cook the lentils according to the pack instructions.
2. Heat the oil in a large pan and fry the onion and garlic until they are softened and transparent.
3. Add the mushrooms, lentils and herbs and cook for 10 minutes.
4. Stir in the tomatoes and tomato puree. Cover and cook for 20-25 minutes.
5. Season with the tamari or soy sauce and pepper and serve with your favourite pasta.

- * Dairy free
- * Vegetarian
- * Can be made in advance.
- * Suitable for freezing.

Taken from ...But I Haven't got time to cook! by Liz Thearle Dip ION. Available from www.NutritionMission.co.uk/shop

© 2009 Nutrition Mission

18 Darnel Hurst Road, Four Oaks, Sutton Coldfield, West Midlands, B75 5NE.

Email: info@NutritionMission.co.uk

Tel: 0844 504 8338

Fax: 0844 504 8339