

Vegetable Bolognese Recipe

Ingredients

200g onions, diced
100g frozen diced mixed peppers
200g carrots, sliced
100g mushrooms, diced
100g red lentils (dried)
5g garlic
2g mixed herbs
2g black pepper (powder)
400g canned chopped tomatoes
25g tomato puree
250ml water

Instructions

1. Place the lentils in a pot and cover with water. Bring to boil and simmer for 15-20 minutes.
2. Place the diced onions, peppers, carrots and crushed garlic in a pot with a little water and cook until soft.
3. Add the lentils, mushrooms, mixed herbs, tomato puree, tomatoes and pepper.
4. Bring to the boil and simmer for 30-45 minutes.

