

# Lentil Ragu

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*This super-healthy version of a traditional bolognese ragu combines all of the traditional flavours of a bolognese with the health benefits of lentils. It's a filling ragu, perfect for serving with tagliatelle or spaghetti. Garnish with a little Parmesan cheese for a healthy and filling meal.*

## Ingredients:

2 onions  
3 carrots  
3 celery sticks  
3 garlic cloves  
3 tbsp. tomato puree  
2 x 400g chopped tomatoes  
500g dried red lentils  
2 tsp. dried oregano  
2 tsp. dried marjoram  
2 tsp. dried basil  
2 bay leaves  
1 litre vegetable stock  
Oil to fry

## Directions:

1. Mince the garlic cloves. Finely chop the onion, carrot and celery so that they are all the same size.
2. Heat some oil in a large saucepan and fry the onion, carrot and celery for around twenty minutes until softened. Add the garlic and cook for another few minutes, then add the tomato puree and fry for three minutes.
3. Stir in the lentils, chopped tomatoes, stock, oregano, marjoram, basil and bay leaves.
4. Simmer for forty minutes or so until the lentils are cooked and tender. Either serve immediately or allow to cool and freeze for up to three months.

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