



LENTIL AND BLACK BEAN BOLOGNESE

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 tbsp olive oil
- 1 large onion, chopped
- 2 sticks celery, chopped
- 2 carrots, quartered lengthways and chopped
- 2 cloves garlic, crushed
- 2 sprigs of rosemary, de-stalked and finely chopped
- 150g chestnut mushrooms, sliced
- 1 tin beluga lentils
- 1 tin black beans
- 2 tin of tinned chopped tomatoes
- 1-2 tbsp balsamic vinegar
- salt and pepper

PREP TIME

- 40 minutes

METHOD

- Heat a large pan over a medium heat and add the olive oil. Once warm add the chopped onion, celery and carrot and cook over a gentle heat for 10-12 minutes until soft. Don't skimp this stage as you want the carrots and celery to be cooked through and soft.
- Add the garlic cloves and cook for a few more minutes.
- Add the chopped rosemary and mushrooms and stir everything together for a few minutes.
- Add the lentils, beans, tomatoes, balsamic vinegar and season with salt and pepper. Simmer gently for 15 minutes.
- Serve with a wholewheat spaghetti or choose one the lentil pastas which will contain more protein.