Lentil Spaghetti Sauce

Ingredients (makes 8 servings):

- ½ cup dried lentils
- ½ lb. ground beef
- ½ medium yellow onion, finely diced
- 24-oz. jar of seasoned (Italian seasoning) tomato sauce
- pepper to taste
- 1 lb. box of pasta

Instructions:

1. **Rinse the lentils. Check for any small stones. In a pot, combine the lentils and ~2 cups of water and bring to a boil. Once boiling, reduce the heat to low, cover, and let cook until soft, about 15-30 minutes.**
2. **In a skillet, brown the ground beef over medium-high heat until fully cooked, about 5 to 8 minutes.**
3. **Add diced onion and cook for about 5 minutes, stirring occasionally, until onion has softened.**
4. **Add tomato sauce (and spices if adding), lentils, water, salt and pepper to the pot. Stir to combine and bring to a boil. Reduce the heat and cook for 10 minutes.**
5. **In a very large pot, bring water to a boil. Add the pasta. Cook for 10-12 minutes or follow the directions on the box. Drain the pasta in a strainer.**
6. **Serve the sauce over the pasta. Store extra sauce in a container in the fridge for up to 3 days.**

Cooking Tip: Make your own tomato sauce by adding 2 teaspoons of Italian seasoning to one big can of tomato sauce.

Nutrition Fact: To cut down on saturated fat from ground beef, reduce the amount of meat in half and add lentils.

Substitutions: Any pasta will work with this recipe. Veggie noodles provide a low-carb alternative to traditional pasta.

Nutrition Facts

Serving Size: 2oz	Calories: 338	Sodium: 485mg	Fat: 6g
Saturated Fat: 2g	Protein: 16g	Sugar: 6g	Carbs: 55g

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