



Spaghetti with Meat & Lentils (Spaghetti 3)

This recipe makes great leftovers.

Storage instructions: Cool, refrigerate, or freeze for a quick meal later! If desired, substitute gluten-free pasta.

<u>U.S.</u>		<u>Metric</u>
12 oz	Spaghetti, whole wheat	340g
1/4 lb (4 oz)	Brown Lentils, dried	113g
1 Tbsp	Olive Oil	15mL
1 small	Yellow Onion, chopped small	110g
1/2 each	Red Bell Pepper, chopped small	1/2 each
1 stalk	Celery, chopped small	1 stalk
4 oz	Crimini Mushrooms, minced	113g
2 cloves	Garlic, minced	2 cloves
1/2 lb	Ground Beef, 90/10	230g
1 (15 oz) can	Tomato Sauce	425g
1 tsp	Worcestershire Sauce	5mL
1 cup	Water, for sauce	237mL
1/4 tsp	Kosher Salt	0.75g
2 tsp	Italian Seasoning	6g
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all the ingredients and equipment.
2. Bring a medium-sized pot of lightly salted (1/8 tsp) water to a boil and add the lentils. Cook until the lentils are tender, about 20 minutes. Remove the lentils and set aside.
3. Add water back to the pot and bring to a boil. Add spaghetti and cook spaghetti according to the package directions or until "al dente" (meaning chewy and firm, not soft or mushy) about 8-10 minutes. Once cooked, toss with 1/2 tsp of oil and set aside.
4. Heat the remaining oil in a medium pot over medium-high heat. Once hot, add the onion and cook until onions are soft and begin to brown, about 2-4 minutes.
5. Once the onions are soft, begin to add the red bell pepper, celery, mushrooms, and garlic as you finish chopping them. Cook until the vegetables are tender, about 5-7 minutes, stirring occasionally.
6. Add the beef and break it up with a wooden or metal spoon as it cooks. Continue to cook until no pink remains.
7. Add the tomato sauce, Worcestershire, water, spices, 1/8 tsp salt, and lentils and bring to a simmer. Simmer about 10 minutes until sauce is thickened. Stir every 2-3 minutes as the sauce simmers and thickens. (Note: do not forget to add the water).
8. Serve 3/4 cup of sauce over 3/4 cup of pasta.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **3/4 cup pasta, 3/4 cup sauce**

Amount per serving

Calories **400**

Total Fat 9 g

 Saturated Fat 2.5 g

 Trans Fat 0 g

 Monounsaturated Fat 1 g

Cholesterol 30 mg

Sodium 450 mg

Total Carbohydrate 62 g

 Dietary Fiber 9 g

 Total Sugars 5 g

 Includes 0g Added Sugars

Protein 24 g

Vitamin D 0 %

Calcium 2 %

Iron 19 %

Potassium 700 mg

Phosphorus 270 mg
