



Curried Lentil Mushroom Bolognese

Healthy weeknight dinner that is easy and quick to serve

- 2 Tablespoons olive oil
- 1 cup finely chopped onion (1 onion)
- 1/2 cup finely chopped carrots
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped bell peppers (mixed colors)
- 2 (4 oz.) pkg. fresh mushrooms, (like maitake, shiitake, or white), cleaned
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1 teaspoon garam masala
- 1/4 teaspoon red pepper flakes or to taste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1 (15 oz.) can diced tomatoes with liquid
- 1 bay leaf
- 2 cups low sodium vegetable broth
- 1/2 cup currants, optional
- 3/4 cup dried green or brown lentils, rinsed

1/4 teaspoon (each) salt; ground black pepper
1 cup tomato sauce
2 large fresh zucchinis, spiralized into noodle length
Garnish: 2 Tablespoons fresh Italian parsley

Prepare the Lentil Mushroom Bolognese

1. Heat a large saucepan over medium heat. Add the oil, onion, carrots, and celery; cook stirring until the carrots are tender, about 15 minutes. Add bell peppers and mushrooms; cook for 5 minutes.
2. Add garlic, ginger, garam masala, red pepper flakes cumin, and coriander; cook for 1 minute. Add the tomatoes with juice and bay leaf; stir; cook covered until well combined, about 5 minutes.
3. Add broth, currants, lentils, salt, and pepper; bring to a boil. Cover; simmer until the lentils are fully cooked, about 20 minutes. Remove bay leaf; season to taste with salt and pepper.

Prepare the Zucchini “Noodles”

1. Spiralize the zucchini into desired spaghetti sized noodles to use for the pasta.
2. Place the zucchini in a saucepan; add hot water to cover. Bring to a boil to lightly tenderize the “noodles,” only a few minutes. Drain well; remove excess water.
3. Place hot zucchini noodles on serving plates; spoon hot Bolognese sauce over noodles; sprinkle with coarse chopped parsley. Serves: 4

Recipe Inspired by: Vasudha Viswanath, *The Vegetarian Reset*, The Collective Book Studio, 2023. Recipe – *Curried Lentil Mushroom Bolognese*, p. 76.

About the Recipe: This classic meat Italian Bolognese recipe has a new twist, featuring a curried flavor, lentils, and mushrooms. The onions, carrots, celery, and bell peppers can be quickly chopped in a food processor, making it an easy, quick evening dinner recipe. Fresh zucchini noodles add a delightful contrast of textures. If desired, serve your favorite vegetable pasta.