

Lentil/Walnut Bolognese Sauce

Adapted from Nisha Vora

Serves 4-6

- 1 ½ Tbsp of olive oil
- 2 Tbsp of plant-based butter
- 1 large onion, diced
- 6 large garlic cloves, minced
- 2 tsp of dried oregano
- 2 tsp of dried thyme
- 2 tsp of dried basil
- ½ tsp red pepper flakes
- 1 ½ tsp of kosher salt
- Lots of fresh ground pepper
- 1 (5.3 ounce) (150g) **tube** of tomato paste (do not substitute the tube for the can)
- 2/3 cup of good quality red wine
- 3 cups of Pacific vegetable broth
- 2 tsp of condensed vegetable paste (brand Better Than Bouillon)
- 1 ½ cups of red lentils soaked in water for 30 to 60 minutes then rinse well
- ½ cup walnuts crushed finely
- 1 (14.5 ounce can of crushed fire roasted tomatoes) Brand Muir Glen found in the healthy aisle at Loblaw's. Only use fire roasted crushed. You will need to buy a 28 oz can and use the other half of the can for another recipe.
- 2 Tbsp of high-quality balsamic vinegar
- Use long pasta such as fettuccine

Instructions

1. Soak the lentil in water for 30-60 minutes then rinse.
2. While lentils are soaking chop the onion, garlic and walnuts.
3. Heat a 12-inch-deep sauté pan or Dutch oven on medium-high heat. Add the olive oil and butter then when simmering, add the onions and season with a pinch of salt. Stir occasionally and cook the onions until a light brown colour. (it's important to get that golden brown colour for depth in sauces.) This will take 10 minutes. Add a little more oil or butter to the pan if needed to prevent burning.
4. Add the garlic, thyme, oregano, basil and kosher salt & pepper to taste. Stir frequently and cook for 90 seconds.
5. Stir in the tomato paste and cook for 3-5 minutes to caramelize, stirring frequently until it's a darker red colour.
6. Deglaze pan with the wine, scraping up all the browned bits. Cook for 2 minutes, until the smell of the alcohol has burned off and the mixture is jammy.
7. Pour in the broth and Better Than Bouillon paste stirring the broth with the tomato mixture until well mixed scrapping up the brown bits from the bottom.
8. Add the lentils and walnuts and stir to incorporate.

9. Heat until the mixture comes to a boil, then reduce the heat to medium-low to maintain a simmer for 20 + minutes stirring occasionally.
10. Add the crushed tomatoes plus $\frac{1}{4}$ cup extra if the sauce is too thick.
11. Cook for another 20+minutes to develop the flavour stirring occasionally to prevent the sauce from burning at the bottom.
12. Add the balsamic vinegar (this will add sweetness and depth to your sauce)

You can make the sauce a day ahead and store in the fridge or freeze some for a second meal.

13. Bring a pot of salted water to a boil for the pasta. Add the pasta and cook until just al dente. Reserve $\frac{1}{2}$ cup of the pasta water to add to your pasta sauce.
14. Drain the pasta but do not rinse!
15. Taste your Bolognese sauce and add more salt or pepper if needed.
16. Take your pasta pot and add enough Bolognese sauce as needed to it.
17. Add your pasta to the Bolognese sauce and mix well.
18. Add $\frac{1}{4}$ cup or more of the pasta water to help thicken your sauce and make the sauce stick to your pasta.
19. Add the pasta to a plate or bowl and add sautéed vegetables of choice to the top with vegan parmesan cheese.

