



Meat and lentil spaghetti sauce

Source of proteins, iron, fibres.



Ingredients

1 tbsp	Vegetable oil	15 ml
½ pound	Beef, ground, medium-lean	225 g
1	Onion, medium, chopped	1
2 cans 28 oz	Tomato, diced	2 cans 796 ml
1 can 7 oz	Tomato sauce	1 cans 213 ml
1 can 5 oz	Tomato paste	1 cans 156 ml
1 cup	Lentils, red (coral)	250 ml
2 stalks	Celery, diced	2 stalks
2	Carrot, medium, diced	2
1/2 pack	Mushrooms, white, chopped	115 g
5	Garlic, cloves, minced	5
1 tsp	Salt and pepper	5 ml
To taste	Basil, dried	To taste
To taste	Parsley, dried	To taste
2	Bay leaves	2 leaves



Preparation

1. In a large pot, heat the oil and brown meat for about 5 minutes. Add onions and cook for another 2 minutes.
2. Add all the other ingredients. Bring to a boil.
3. Reduce heat and simmer for about 1 hour.
4. Serve on your favourite pasta.



Tip

You can use any ground meat of your choice, ground pork is often cheaper!

BALANCED FOOD PLATE

- Vegetables (salads, soups, etc.)
- Grain products and starches (rice, pasta, bread, etc.)
- Meat, milk and their alternatives (fish, legumes, cheese, etc.)

