

RECIPE

Meatless Bolognese



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Grace Functional Nutrition

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Ingredients

- ½ cup dried beluga or green lentils (not red lentils), rinsed and debris removed
- 2 Tbs avocado oil, or butter/ghee
- 1 yellow onion or shallot, diced
- 4-5 garlic cloves, minced
- 2 cups mushrooms, finely chopped

- 2 large carrots, grated
- 1 Tbsp dried Italian seasoning
- ½ cup red wine, more as needed
- 2 Tbsp soy sauce or soy-free/wheat free soy sauce alternative such as tamari
- 1-28 oz can crushed tomatoes
- 2 Tbsp tomato paste
- ½ cup walnuts, roughly chopped
- 1 Tbsp maple syrup or coconut sugar (optional)
- 2 bay leaves
- 1 tsp salt, more to taste
- ½ tsp pepper, more to taste
- 2 Tbsp butter or olive oil
- Large handful fresh parsley, chopped
- Nutritional yeast (for serving)

Preparation

1. Bring 2 cups of water to a boil in a medium pot, add lentils and bring back to boil, and simmer for 25 minutes. Drain and set aside.
2. Add oil to a large pan with high sides or a pot, and turn heat on medium.
3. Add onions, stirring frequently for ~3 minutes.
4. Add garlic, mushrooms, and carrots, italian seasoning, salt and pepper, and saute for another 5-10 minutes, or until they start to brown, stirring frequently.
5. Add soy sauce and wine, and let simmer for a few minutes.
6. Add crushed tomatoes, tomato paste, walnuts, bay leaves, optional sweetener, and more salt and pepper. Cook for ~10 minutes uncovered.
7. Add lentils, and more red wine if it starts sticking to the bottom and is too dry, and cook for 10 more minutes.
8. Add 2 Tbs butter or olive oil and fresh parsley, and cook for another 3 minutes.
9. Remove bay leaves, and take off heat.
10. Optional: use an immersion blender to blend some of the mixture but leave about half of it unblended.
11. Serve over gluten-free pasta, such as lentil pasta, chickpea pasta, rice pasta, or zucchini pasta. Top with nutritional yeast for a cheesy flavor.