

## Lentil, Pepper and Mushroom Ragu

A tasty and rich tomato sauce for pasta

Feeds around 6 people

### Ingredients

- 2 tablespoons olive oil
- Handful of button mushrooms
- 4 garlic gloves, finely chopped or minced
- 1 large carrot, chopped into small pieces
- 1 red pepper, chopped into small pieces
- 1 onion, chopped into small pieces
- 1 can chopped tomatoes
- 2 cups of water
- 1 cup of lentils
- 1 bay leaf
- 2 teaspoons oregano
- 1 teaspoon basil
- 1/2 teaspoon salt and pepper
- Dried pasta
- (around 75g per person)
- Grated cheese/parmesan cheese



### Method

In a large saucepan, heat the oil. Add the chopped onion and cook until soft. Add the chopped mushrooms, garlic, carrot and red pepper. Cook for around 10-15 minutes until all the vegetables are soft, stirring frequently.

Stir in the bay leaf, the canned chopped tomatoes, water, lentils, oregano, basil, salt and pepper. Heat to boiling then reduce heat to very low. Simmer on a low heat until the lentils are tender. Remove the bay leaf from the sauce.

Cook the dried pasta in boiling water for 10-12 minutes (or until the pasta is soft). Drain the pasta.

Serve the sauce with the pasta and grated cheese.

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