

Lentil Spaghetti

INGREDIENTS

- 1 cup white onion, finely chopped
- 2 teaspoons vegetable or olive oil
- 1 ½ cups green or brown lentils
- 4 ½ cups water or low-sodium chicken broth
- 32-ounce spaghetti sauce, low-sodium and low-sugar
- 1, 16oz package whole-wheat spaghetti

TIME: 45 MINUTES
SERVINGS: 4



Adapted from:
accfb.org



USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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PROCEDURE

1. In a small saucepan, heat olive oil over low heat. Add the onion and cook until soft.
2. Stir in the lentils and cook for 1 minute to combine with the onion.
3. Slowly add water or low-sodium chicken broth. Bring to a boil, then reduce heat and simmer for about 20 minutes.
4. While the lentils are simmering, bring a large pot of water to a boil. Cook the spaghetti according to the package directions. Drain and return the pasta to the pot.
5. Once the lentils are tender, drain them using a strainer and set aside. In the same saucepan used for the lentils, heat the spaghetti sauce. Once the sauce is warmed through, stir in the cooked lentils until well combined.
6. Serve the lentil sauce over the hot spaghetti noodles.

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