

# Lentil Spaghetti

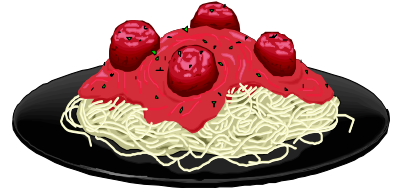
1. In a large pot, add:

oil	1 $\frac{1}{2}$ teaspoons
onion, chopped	1 medium
garlic, powder	1 teaspoon (or 3 cloves)

Cook on medium heat until onions are soft. Stir often.

2. Add:

red lentils, dried	1 $\frac{1}{4}$ cups
water	2 cups



Cover and cook on low heat for about 10 minutes or until lentils are soft. (Note: green lentils take longer to cook - up to 45 minutes).

3. Add:

tomato sauce	1 can (680mL)
tomato paste	1 can (156mL)
sugar	1 tablespoon
parsley, dried	1 teaspoon
oregano, dried	1 teaspoon
basil, dried	1 teaspoon
salt	$\frac{1}{2}$ teaspoon
cayenne pepper	$\frac{1}{4}$ teaspoon

Cook, covered for about 15 minutes or until well heated.

4. Serve over spaghetti\*. **Serves 6**

**\*To cook spaghetti (or any other pasta):**

Boil a pot of water, once boiling, add dry pasta. Cook 8 minutes or until tender. Note: Pasta more than doubles when you cook it

The lentil spaghetti sauce can be used in lasagna, or with meatballs

**Option: Sprinkle with Parmesan cheese.**