



Lentil Bolognese Recipe

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PREP TIME: 20 **COOK TIME:** 35

TOTAL TIME: 55 MINUTES **YIELD:** 6-8

<https://www.feastingathome.com/lentil-bolognese/print/47267/>

DESCRIPTION

Rich and robust, this plant-based Lentil Bolognese is hearty, “meaty” and full of depth of flavor. Toss it with your favorite pasta, or spoon it over [creamy polenta](#)- either way, this simple nourishing vegan meal is one the whole family will enjoy.

INGREDIENTS

- 2 tablespoons [olive oil](#)
- 1 large onion, diced
- 1 1/2 cup carrots, **small** diced
- 1 1/2 cups celery diced
- 4–6 cloves garlic, rough chopped
- 1 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon chili flakes- optional
- 1 tablespoon fresh [oregano](#) or thyme (or 2 teaspoons dried Italian herbs)
- 1/3 cup tomato paste
- Generous splash red wine (optional) 1/4 cup-ish
- 1 1/4 cups black [caviar lentils](#) (or other small lentils for quick cooking-see notes)
- 3 medium tomatoes, diced with juices (or sub a 14-ounce can of diced tomatoes or crushed tomatoes)
- 3 1/2 cups [veggie stock](#) or broth (or sub water plus 2-3 boullion cubes)
- 3/4 cup ground toasted [walnuts](#) ([hemp hearts](#) or ground [pecans](#))
- 2 teaspoons [balsamic vinegar](#)

INSTRUCTIONS

1. Heat oil in a large pot or dutch oven over medium-high heat. Add the onion and saute for 2-3 minutes stirring until fragrant. Lower heat to medium, then add the carrots, celery, garlic, salt, pepper, chili flakes, and herbs. Saute 7-8 minutes, stirring.
2. Add the tomato paste, browning it just a bit in the pan (this will deepen the flavor), then deglaze with wine if you want, scraping up any brown bits. Once most of the wine has cooked off add the tomatoes and their juices, cook them down for just a few minutes.
3. Add the lentils, veggie stock and hemp seeds or walnuts. Bring to a boil, cover tightly, lower heat to low, and simmer gently 20-25 minutes, or until the lentils are tender. Bigger lentils will take longer. Uncover.
4. Continue cooking uncovered until most of the liquid has cooked off. Stir in the balsamic vinegar, taste, and adjust salt, pepper, vinegar and chili flakes to your liking. Keep in mind, you want this just slightly salty if tossing with pasta.
5. Serve this tossed with your favorite pasta or serve it over this [creamy polenta](#) or this [Instant Pot Polenta](#). Sprinkle with optional pecorino cheese... or try this [Vegan Cheesy Sprinkle!](#)

NOTES

If using [hemp seeds](#)- use the shelled soft “hearts”- *not the whole seeds* (these will be gritty).

Broth: If your [veggie broth](#) is bland or your bolognese is bland, you can