ITALIAN · LUNCH · DINNER

One-Pot Vegan Lentil Bolognese

100 min · Serves 8 · 477 kcal a serve · Video 11:14 · Andrew Bernard | The Nard Dog Cooks

Vegan

Lentils, vegetables and pecans replace the meat, giving each serve (with pasta) about 12 g of fibre and 17 g of protein, and it is a good source of iron and folate.

Diet notes: Gluten-free with a swap: use gluten-free pasta.

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Ingredients 24 · SERVES 8

- [ ] 2 tbsp **olive oil**
- [ ] 1 large **yellow onion**, minced
- [ ] 5 cloves **garlic**, minced
- [ ] 1 **bay leaf**
- [ ] 1 tbsp **dried oregano**
- [ ] 1 tsp **dried basil**
- [ ] 1 tsp **dried parsley**
- [ ] ½ tsp **dried thyme**
- [ ] ½ tsp **dried rosemary**
- [ ] ½ tsp **ground nutmeg**
- [ ] ½ tsp **salt**
- [ ] ½ tsp **black pepper**
- [ ] ¼ tsp **red pepper flakes**
- [ ] 60 g **tomato paste**
- [ ] 2 **celery** stalks, minced
- [ ] 1 large **carrot**, minced
- [ ] 1 **red bell pepper**, diced
- [ ] 40 g **pecans**, minced
- [ ] 200 g **brown lentils**, soaked and drained
- [ ] 120 ml **vegan dry white wine**
- [ ] **Canned tomatoes**: 840 g canned crushed San Marzano tomatoes
- [ ] 480 g **vegetable stock**
- [ ] 240 g **coconut milk**
- [ ] 450 g **pasta**, to serve (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Tree nuts. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the olive oil in a large deep pan over medium-low heat and cook the onion, stirring now and then, for 30–45 minutes until deeply caramelised. 2:48
2. Add the garlic, bay leaf and all the dried herbs and spices and stir for 1 minute. Spread in the tomato paste and cook 1 minute more. 3:04
3. Add the celery, carrot and bell pepper and cook 4–5 minutes until softened, then stir in the pecans and drained lentils. 3:30
4. Pour in the wine and scrape up the browned bits. When it has been absorbed, add the crushed tomatoes, stock and coconut milk. 3:48
5. Simmer, stirring now and then, for 30–45 minutes until the lentils are tender (or up to 2 hours for a thicker, deeper sauce). Remove the bay leaf. 4:25
6. Cook the pasta and serve the sauce over it (or over rice or baked potatoes). 4:45

> **Tip** Time uses the shorter simmer (up to 2 hours gives a deeper sauce); soaking the lentils 2–12 hours is optional. Walnuts or sunflower seeds (nut-free) can replace the pecans. Freezes for 3 months.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
477 kcal 1,990 kJ	**17 g** 34% of a day	**69 g** 57 g net · 10 g sugars 25% of a day

FIBRE	FAT	SODIUM
12 g 42% of a day	**15 g** 6.8 g saturated 20% of a day	**460 mg** 20% of a day

Energy from net carbs 53% · protein 16% · fat 31%

High in (20%+ of a day) Selenium 69% · Vitamin C 45% · Folate 41% · Iron 34% · Vitamin B6 27% · Magnesium 23% · Zinc 22% · Potassium 20%

Source of (10–19%) Vitamin E 19% · Vitamin A 18% · Vitamin K 15% · Omega-3 10%

Recipe and video: Andrew Bernard | The Nard Dog Cooks (@thenarddogcooks) on YouTube — youtube.com/watch?v=AnSdVP4rN3A, published 21 January 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/one-pot-vegan-lentil-bolognese