

Lentil Spaghetti Sauce (FDD)

Makes: 6 Servings

A ready-to-eat meatless spaghetti sauce is combined with lean ground beef and lentil peas to make a sauce that may be served over spaghetti or other pastas.

Ingredients

1 pound lean ground beef

1 cup onion (chopped)

1 clove garlic (crushed or 1/2 teaspoon garlic powder)

1 1/2 cups lentils (cooked and drained)

2 cans low-sodium spaghetti sauce (meatless, about 15 ounces each)

Directions

1. In a large sauce pan cook beef until brown. Drain.
2. Add onion and garlic to drained beef. Cook until onions are soft, but not brown.
3. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes.
4. Serve sauce hot over cooked spaghetti noodles.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder