



Spaghetti with Meat and Lentils

Yield: 7 servings

Ingredients

12 ounces whole wheat pasta
½ cup dried brown lentils
1 tablespoon extra virgin olive oil
1 cup chopped yellow onion
2 teaspoons minced garlic
½ cup chopped red bell pepper
½ cup diced celery
4 ounces mushrooms, chopped
½ pound ground beef, 90/10
1 (15 ounce) can tomato sauce
1 cup water for sauce
⅛ teaspoon kosher salt
2 teaspoons Italian seasoning
¼ teaspoon ground black pepper

Instructions

1. In a medium saucepan, add lentils, ½ teaspoon salt, and 4 cups water. Bring water to a boil and then reduce heat to a simmer. Cover and cook until tender, about 20 minutes. Set the lentils aside.
2. Add water back to the pot. Once water comes to a boil, add pasta and cook until al dente, about 10 minutes. Pour cooked pasta into a colander and drain.
3. Heat the oil in a medium pot over medium-high heat. Once hot, add the onion and cook until translucent (clear) and soft, about 2 to 4 minutes.
4. Add the garlic, red bell pepper, celery, and mushrooms. Cook for a couple of minutes, until the vegetables are tender.
5. Add ground beef and continue to cook until beef is no longer pink.
6. Add the rest of the ingredients, except for spaghetti (do not forget 1 cup water). Simmer for 15 minutes until sauce is thickened and vegetables are tender.

Nutrition Information

Serving Size: ¾ cup pasta, ¾ cup sauce
Calories: 326
Total Fat: 7 g
Saturated Fat: 1.8 g
Monounsaturated Fat: 3 g
Polyunsaturated Fat: 1.1 g
Sodium: 355 mg
Total Carbohydrate: 51 g
Dietary Fiber: 7.8 g
Sugars: 5.6 g
Protein: 18 g

Source: Health meets Food

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