

# Red Lentil Pasta Sauce

Yield: 8 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/red-sauce-pasta-recipe-italian-style>

## Ingredients:

- 1/2 cup chopped celery coarsely
- 1/2 cup carrot coarsely chopped
- 1/2 cup chopped green bell pepper
- 1 cup chopped onion
- 5 cloves garlic
- 3 tablespoons olive oil
- 1/2 teaspoon crushed red pepper flakes optional
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/2 teaspoon fennel seed
- 1 cup red lentils
- 28 ounces tomatoes can of good quality, crushed
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 cups water
- 1/2 cup chopped parsley
- 6 leaves fresh basil sliced
- pasta Cooked
- Parmesan or Feta for garnish, optional
- extra virgin olive oil for drizzling over each serving, optional

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 28 grams
3. Fat: 9 grams
4. Fiber: 10 grams
5. Protein: 10 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 350 milligrams

8. Sugar: 5 grams

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