



Spaghetti with Red Lentil Sauce

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
5 cups (2.2 lbs)	red lentils, dry	1.25 L (1 kg)
½ cup	vegetable oil	125 mL
2	onions, diced	2
4 – 5 cloves	garlic, minced	4 – 5 cloves
2 – 3	red peppers, diced	2 - 3
8 (28 oz) cans	low-sodium tomatoes, diced or crushed	8 (796 mL) cans
2 (6 oz) cans	tomato paste	2 (170 mL) cans
4 tbsp	basil, dried	60 mL
1 tbsp	oregano, dried	15 mL
1 tbsp	thyme, dried	15 mL
1 tbsp	sugar	15 mL
2 tsp	salt	10 mL
4 lbs	whole grain or whole wheat spaghetti	1.8 kg
Optional:	pepper sundried tomatoes, chopped olives, pitted and sliced celery, chopped parmesan, grated (for garnish) feta, crumbled (for garnish)	

Note 1: Instructions are on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

Instructions

1. In a large sieve, rinse lentils with plenty of water.
2. Transfer lentils to a large pot and cover with water. Bring to a boil, and then reduce to a simmer. Stir frequently in order to prevent lentils from sticking to pot. Cook for 20 – 25 minutes until lentils are tender. Drain.
3. In large pot, heat oil and sauté onions until soft.
4. Add garlic and cook for 2 minutes.
5. Add peppers (and any Optional vegetables of your choice) and cook until softened, about 5 minutes.
6. Add tomatoes, tomato paste, herbs, lentils, and olives/sundried tomatoes (if using).
7. Simmer on medium-low heat for 20 – 30 minutes. Stir the sauce often to prevent the lentils from sticking to the bottom of the pot. Season with salt and pepper (if using).
8. In the meantime, bring a large pot of water to a boil. Cook spaghetti until tender (according to package directions).
9. Drain and toss with sauce. Sprinkle with cheese (if using).

Nutrition Information	
Serving 220 g	
Calories	270
Fat	4.5 g
Saturated 0 g	
+ Trans 0 g	
Sodium	125 mg
Carbohydrates	49 g
Fibre 8 g	
Sugars 7 g	
Protein	12 g
Calcium	60 mg
Iron	4 mg

Food Guide Servings
1 Vegetable & Fruit
1 ½ Grain Product
½ Meat & Alternative