one-pot tomato LENTIL PASTA

SERVES: 4 | TOTAL TIME: 30 MIN



Picture Credit: PickUpLimes

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3-4 cloves garlic, minced
- 1 bell pepper, chopped
- 2 teaspoons Italian seasoning
- 1 (6-oz) can tomato paste
- 1 cup dried brown or green lentils, rinsed and drained
- 4 cups vegetable broth
- 1 jar tomato-based pasta sauce
- 1.5 cups pasta of choice (small shells, broken spaghetti, elbows)
- 1 teaspoon salt or more to taste
- ¼ teaspoon black pepper
- Optional: chopped fresh parsley, lemon juice, and parmesan

INSTRUCTIONS

RINSE AND CHOP

Wash hands with warm, soapy water for 20 seconds. Rinse and dry **bell pepper**. Rinse lentils and pick over for stones. Dice **onions** and **pepper**. Mince **garlic**.

COOK VEGGIES

In a large pot, heat **olive oil** over medium heat. Add **onion** and **pepper** and cook for 4 minutes, stirring occasionally.

Add **garlic, Italian seasoning**, and **tomato paste** and cook for 1 minute, stirring often.

ADD LENTILS

Add rinsed and drained **lentils** to pot and stir to combine. Let cook for about 2-3 minutes.

Add **vegetable broth, pasta sauce, and 2 cups water**. Season with **salt** and **pepper.** Bring to a boil, then lower heat to a gentle simmer for 20 minutes.

ADD PASTA

Add **pasta** to pot and reduce heat to a simmer. Put lid on and keep slightly ajar. Cook for 10-15 minutes until pasta is al dente. Stir occasionally.

SERVE

Taste and add more salt, pepper, and/or garlic powder to taste. Top with fresh basil, a squeeze of fresh lemon juice, Parmesan cheese, and/or parsley, if using.