

## Spaghetti with Lentil Vegetable Sauce



Makes approx. 6 servings

### Ingredients

1 pkg whole wheat spaghetti  
2 26 oz jars low sodium pasta sauce  
3/4 cup dried lentils  
1 diced red bell pepper  
1 diced yellow bell pepper  
1 pkg of mushrooms diced  
Handful of diced carrots  
Oregano to taste  
Red pepper flakes to taste  
Fresh chopped basil to taste



### Directions

Pre-cook lentils according to package directions and set aside. Chop carrots, bell peppers, mushrooms and put them in a large pot with the sauce. Add oregano and red pepper flakes to taste—cook on medium until veggies are cooked.

Boil the pasta in a separate pot. You'll know it's ready when you throw a piece against the wall and it sticks! Or you can taste it. Drain and rinse the pasta.

Once the veggies have cooked down, add the lentils and fresh basil. Mix together until lentils are heated through.

Serve sauce over the spaghetti and top with parmesan cheese if you wish. It is also excellent without it.

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