**Lentil Ragu**

Ingredients:

10 ml olive oil

½ onion, finely chopped

½ carrot, finely chopped

½ celery stalk, finely chopped

1 clove garlic

125 ml dried red lentils

½ 798 ml can of diced tomatoes

10 ml tomato paste

1 ml oregano

1 ml thyme

1 bay leaf

250 ml vegetable stalk

Spaghetti noodles for 2

Parmesan to garnish

Method:

1. Heat oil over medium heat in large saucepan and add onions, carrots, celery and garlic.
2. Saute for 15- 20 minutes, stirring frequently until vegetables soften.
3. Stir in lentils, chopped tomatoes, tomato paste, herbs, and stock.
4. Bring to a simmer, then reduce heat and cook for 40- 50 minutes until lentils are tender and saucy. Add small amounts (10 ml) of water if needed.
5. After 40 minutes, start cooking pasta noodles. Once they are al dente, drain water and divide onto plates.
6. Spoon sauce on to and sprinkle with parmesan.
7. Serve and enjoy!