

## LENTIL RAGU

Recipe Adapted from: [It Doesn't Taste Like Chicken](#)

Makes: 6-8 servings

### ingredients

- 3 cups [marinara sauce](#) (or, 3 cups tomato sauce)
- 1 ½ cups low-sodium vegetable broth
- 1 cup [red lentils](#)
- ¼ cup nutritional yeast
- 2 teaspoons [coconut aminos](#) (or, low-sodium soy sauce)
- 2 teaspoons brown sugar
- 1 teaspoon smoked chili powder
- ¼ - ½ teaspoon liquid smoke
- 16 ounces whole wheat spaghetti noodles, or  
other whole wheat pasta noodle of choice
- [Vegan Parm](#) (optional)



### directions

Start by boiling a large pot of water to cook the pasta. While you wait for the water to boil, start making the sauce.

In the large skillet, add the tomato sauce, vegetable broth, and red lentils. Once the mixture comes to a boil, reduce to simmer and cook for about 10 minutes, until the lentils are tender.

While the lentils are cooking, add the pasta to your boiling water. Cook according to the package directions.

Once the lentils are tender, add the nutritional yeast, coconut aminos, brown sugar, chili powder, and liquid smoke. Cook for 1-2 minutes.

(continued)



After draining the pasta, either mix the pasta and sauce mixture together or simply spoon the sauce over the pasta. Sprinkle with [vegan parm](#), if desired.

Notes:

- This recipe makes wonderful leftovers for lunches!
- If you are looking to make this meal in advance, simple make the sauce ahead of time. Cook the pasta right before serving.

Enjoy!

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