

Let's Cook our Commodities!

Lentil & Veggie Spaghetti Sauce

Ingredients

- ¼ cup dried lentils
- 1 garlic clove, peeled but left whole
- 1/8 tsp. salt
- 1 cup water
- 1 Tbsp. canola or vegetable oil
- 4 garlic cloves, minced
- ¼ yellow onion, chopped
- 1 cup diced tomatoes, no salt added
- 1 tsp. Italian seasoning
- ½ tsp. salt
- 1 cup spaghetti sauce
- 1 tsp. dry milk powder
- 2 cups fresh spinach (or 1 cup frozen spinach, drained and squeezed)

Makes
4 servings

Prep Time
5 minutes

Cook Time
40 minutes

Good Source of
Fiber
Iron



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Nutrition Facts

4 servings per container	
Serving size	1 cup (231g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 490mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

1. In a small saucepan over medium-high heat, combine lentils, garlic, salt, and water.
2. Bring the mixture to a simmer, then reduce heat to low to maintain a gentle simmer. Cook until the lentils are cooked through and tender, between 25 to 35 minutes.
3. Once the lentils are tender, strain, discard the garlic, and set aside.
4. In a separate pot over medium heat, add the oil and sauté the minced garlic and onions, about 2 to 3 minutes.
5. Add in the cooked lentils and diced tomatoes. Stir and sauté another 2 to 3 minutes.
6. Stir in the Italian seasoning, salt, and spaghetti sauce and cook until heated thoroughly and bubbling, about 5 minutes.
7. Add dry milk powder and stir.
8. Add spinach, stir, and simmer for another 3 to 5 minutes.
9. Serve hot over whole wheat spaghetti or your favorite noodles. Refrigerate any leftovers.

