

# Italian Style Red Lentil Pasta Sauce

(C, D, E, (G), S, V, Y)

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1 cup red lentils	1 medium zucchini, diced
1 tsp mustard seeds	1 tsp turmeric
1 tsp fennel seeds	1 tsp dried oregano (2 tsp fresh)
2 tbsp sesame or olive oil	2 tbsp dried basil (4 tbsp fresh)
1 red onion, finely chopped	2 bay leaves
2 cloves garlic, minced	3 cups water
½ red pepper, chopped	Dash cayenne pepper
4 medium tomatoes, chopped	4 tbsp fresh parsley, chopped
2 carrots, grated	

1. Rinse and drain lentils
2. In a large soup pot, sauté mustard and fennel seeds in the oil, cover and agitate pot, seeds will “pop”
3. Add onion, garlic and red pepper sauté 5-10minutes
4. Add lentils, tomatoes, carrots and seasonings, sauté another 5 minutes
5. Add water and simmer about 10 minutes until vegetables are tender
6. Add zucchini and parsley, then adjust seasonings to your liking
7. If you prefer a “chunkier” sauce continue to cook another 5 minutes and skip step 8
8. If you prefer a smoother sauce or are trying to hide sauce contents from your children puree the sauce at this point, then continue to cook another 5 minutes.
9. Pore over your choice of pasta or gluten free alternative (brown rice or kamut pasta or rice noodles)

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**Le Soleil Health and Wholeness**

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