

Lentil Spaghetti Sauce

Makes: 6 servings

Ingredients

- 1 pound** ground beef
- 1 cup** onion (chopped)
- 1** garlic clove (crushed, or 1/2 teaspoon garlic powder)
- 1 1/2 cups** lentils (cooked, drained)
- 28 ounces** spaghetti sauce, low-sodium (1 jar, can use 28-32 ounces)

Directions

1. In a large sauce pan brown meat. Drain.
2. Add onion and garlic to drained meat. Cook until onions are soft but not brown.
3. Add cooked lentils and spaghetti sauce and bring to a boil. Lower heat and cook gently for 15 minutes.
4. Serve sauce over hot cooked spaghetti noodles.

Montana State University Extension Service, Montana Extension Nutrition Education Program Website Recipes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	356	
Total Fat	12 g	18%
Protein	21 g	
Carbohydrates	32 g	11%
Dietary Fiber	8 g	32%
Saturated Fat	4 g	20%
Sodium	91 mg	4%

MyPlate Food Groups

Grains	1 ounce
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