



# VEG RAGU

Serves 4

[www.eatsrosyth.org.uk  
/easy-eats-veg-ragu](http://www.eatsrosyth.org.uk/easy-eats-veg-ragu)

## INGREDIENTS

- 2 onions, chopped
- 1 pepper, chopped
- 1 celery stalk, chopped
- 2 carrots, chopped
- 2 garlic cloves, crushed /chopped
- 1 tin chopped tomatoes
- 2 tablespoons tomato puree
- 1.5 cups dry lentils, rinsed
- 4 cups water
- Dried herbs
- 300g dry pasta
- Salt, pepper
- Oil or butter

## METHOD

1. Rinse the lentils. You can use a strainer, or a bowl/pan.
2. Chop the veg (the onion, pepper, celery and carrot should be similar size pieces).
3. In a medium or large pot, fry the veg in oil or butter for about 10 mins until tender.
4. Add the lentils, stir together, then add chopped tomatoes, tomato puree, water and dried herbs.
5. Bring to the boil, then reduce to a simmer for 20-30 mins, adding more water if necessary.
6. While the ragu simmers, boil pasta in separate pot.
7. Season the ragu well, then serve it on the pasta.