

# Lentils in Tomato Sauce

1 lb	green lentils, rinsed
2 cups	low sodium chicken broth or water
1 tsp	olive oil
1	onion, finely chopped
2	garlic cloves, minced
1 can	(680 mL) tomato sauce
	freshly ground pepper

- For quicker cooking; soak lentils for 1 hour in 2 cups of chicken broth or water.
- In large pot; heat oil on medium heat. Sauté onion and garlic, stirring occasionally until softened, about 5 minutes.
- Add lentils, chicken broth and tomato sauce. Reduce heat and simmer for 1 hour, stirring occasionally. Add more chicken broth if sauce becomes too thick.
- Season with pepper. Serve with whole wheat pasta. Drizzle with olive oil (optional).
- Makes 8 servings.

Note: Leftover cooked lentils can be frozen. If needed, add chicken broth when reheating to moisten.

*Recipe by Gary Barone*