

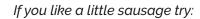
Pam's Super-Secret Spaghetti with No Balls

Ingredients

- ☐ 1 medium yellow onion, peeled & diced small
- ☐ 1 large carrot, peeled & diced small
- ☐ 1 large celery stalk, diced small
- ☐ 6 cloves garlic, peeled & minced
- □ 1TB minced rosemary
- □ 1TB minced thyme
- □ 1 cup green lentils, rinsed
- ☐ 3 cups vegetable stock or low-sodium vegetable broth
- □ 1 bay leaf
- ☐ 2 large tomatoes, diced small
- ☐ Salt and freshly ground black pepper to taste
- ☐ 1 lb. whole-grain spaghetti, cooked according to package directions, drained, and kept warm
- □ Chopped parsley

Cooking Instructions

- Place the onion, carrot & celery in a large saucepan and sauté over medium heat for 10 minutes. Add water 1-2 tablespoons at a time to keep the vegetables from sticking to the pan. Add the garlic, rosemary, and thyme and cook for another minute.
- 2. Add the lentils, vegetable stock, and bay leaf. Increase the hat to high and bring the pan to a boil. Reduce the heat to medium, cover and cook for 35 minutes.
- 3. Add the tomatoes to the lentil mixture and season with salt and pepper. Cook for 10 minutes, or until the lentils are tender.
- 4. Serve the lentil ragu over the cooked spaghetti and garnish with the parsley.



Spaghetti Parm

(like you'd get in Buffaloe)

Ingredients

- □ 1 lb. Spaghetti
- ☐ 2 TB Kosher Salt
- ☐ 3 Italian Sausages (sweet or hot) you can use either sausage crumbles or rounds.
- ☐ 2 TB Olive Oil (plus a drizzle for sausages)
- ☐ 2 cups marinara sauce or Bolognese
- ☐ Sliced Mozzarella (1/4 lb. or more, depending on taste)
- ☐ Sliced Provolone (1/4 lb. or more, depending on taste)

Note - depending on taste, you can add oregano, basil, garlic, and red pepper flakes to the mixture.

Cooking Instructions

- 1. Preheat the broiler.
- 2. Bring a pot of salted water to a boil.
- 3. Cook spaghetti till al dente; drain and set aside.
- 4. Cook sausages in olive oil till cooked through.
- 5. Add sauce and pasta to the sausage. Mix thoroughly.
- 6. Fold spaghetti mixture into a broiler-safe dish.
- 7. Top with cheeses and broil till the cheese is melted and brown.