



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
- ☐ 1 TB minced rosemary
- ☐ 1 TB 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

1. 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 heat 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.

If you like a little sausage try:

Spaghetti Parm

(like you'd get in Buffalo)

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.