

# VEGAN MEALS FOR £1

## Lentil and Mushroom Bolognese

Serves: 4

Approx. cost per portion: 47p

### Ingredients

- 2 tbsp oil
- 400g lentils (dried)
- 250g mushrooms (chopped into small pieces)
- 1 onion (peeled and sliced)
- 2 garlic cloves (peeled and crushed)
- 1 tsp basil (fresh or dried)
- 1 tsp oregano (fresh or dried)
- 400g can of chopped tomatoes
- Optional additional vegetables, such as sweetcorn, carrots or courgettes.



### Method

1. Heat the oil in a large saucepan and fry the onion and garlic until brown.
2. Add the mushrooms and any additional vegetables, and fry for a further 5 minutes.
3. Add the lentils, can of chopped tomatoes and top up with about 150ml of water.
4. Stir occasionally as the lentils absorb the water and add the basil, oregano and salt and pepper to taste.
5. Keep cooking and stirring, adding more water if the vegetables start to stick, until the lentils are fully cooked.
6. Serve!

For more vegan recipes, visit:  
[www.animalaid.org.uk/veganrecipes](http://www.animalaid.org.uk/veganrecipes)

