



## FEATURE RECIPE

# MIGHTY MARINARA SAUCE

*This recipe is the perfect example of using pantry staples to create a delicious, nutritious, budget-friendly meal. This versatile marinara sauce can be used as a spaghetti sauce, pizza or flatbread topping or stuffed in zucchini or acorn, butternut or spaghetti squash.*

**Prep Time: 10 minutes**  
**Cook Time: 15 minutes**  
**Makes: 3 cups (750 mL)**

### Ingredients

1/2 cup (125 mL) dry, red split lentils, rinsed & drained  
2 cups (500 mL) water  
1 1/2 cups (375 mL) your favourite marinara/pasta sauce  
1 cup (250 mL) cooked chickpeas, finely chopped  
1 cup (250 mL) fresh or frozen spinach, roughly chopped  
1/2 tsp (2 mL) fresh basil, chopped or 1/8 tsp (0.5 mL) dried  
1/2 tsp (2 mL) fresh oregano, chopped or 1/8 tsp (0.5 mL) dried

### Directions

1. Combine the lentils and water in a large saucepan. Bring to a gentle boil, then reduce heat and simmer until lentils are very soft, about 5 to 10 minutes. Drain any excess water.
2. Place cooked lentils in a blender or food processor, add 1/4 cup (60 mL) warm water and blend/puree until mixture is smooth. Alternatively, place cooked lentils and 1/4 cup (60 mL) warm water back into the saucepan and mash with a fork or potato masher until smooth. Transfer to a bowl and set aside.
3. In the same large saucepan, heat marinara sauce, add pureed lentils and the chickpeas. Heat until bubbling, reduce heat and simmer until very thick. Add spinach, basil and oregano and heat through.
4. Serve with your favourite pasta, use as a pizza sauce or on top of flatbread or as a stuffing for baked zucchini or acorn, butternut or spaghetti squash.

### Tips

- This sauce freezes really well! Make a double batch and freeze half in an airtight container for up to 3 months to have on-hand for a quick supper.
- A (19 oz/540 mL) can of chickpeas yields 2 cups (500 mL) cooked chickpeas. Use 1 cup (250 mL) for this recipe and store the remainder in an airtight container in the refrigerator for up to 3 days. Add chickpeas to soups, salads or mash and add to sandwich fillings for a boost of plant-based protein and fibre!

### Nutrients per serving (1/2 cup/125 mL)

150 Calories, 2 g Fat, 0.5 g Saturated Fat, 1 mg Cholesterol,  
26 g Carbohydrate, 5 g Fibre, 6.5 g Sugar, 7 g Protein, 402 mg Sodium,  
439 mg Potassium, 110 mcg Folate, 2 mg Iron

## #LovePulses

Did you love this recipe?  
Share a photo and tag us  
on Instagram and Pinterest  
@albertapulsegrowers and  
Facebook @albertapulse  
and follow along for more  
delicious pulse recipes!

