

# OPEN KITCHEN RECIPES



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KITCHEN

## Vegan, healthy, budget friendly “Spag Bol” style sauce

### Servings:

6 servings as a full meal on its own, or 10-12 servings with pasta or breads as a side. Can be scaled down or make a big batch and pop left overs in plastic tubs in the freezer for quick dinners on another night!

### Cooks for:

5-7 hours in the slow cooker (very low energy, costs approx 30p in electricity on a standard tariff)

**Prep / Active cooking time:** 15 minutes

### Cooking equipment:

- 3.5 litre capacity slow cooker
- 1 chopping board
- 1 sharp knife
- 1 dessert spoon and one teaspoon

### Ingredients

1 teaspoon oregano  
1 teaspoon dried basil (optional - can skip if on a tight budget)  
1 teaspoon garlic powder  
½ teaspoon salt  
½ teaspoon pepper  
2 x stock cube (vegetable or beef)  
1 dessert spoon soy sauce (if you have it)  
200g red lentils  
2 x tins of tinned tomatoes  
2 x can full of cold water from the tap

Around 1kg of any vegetables. For this recipe we have used, 1 medium onion, 2 celery stalks, 1 small head of cauliflower, 200g mushrooms

250g of pasta

If you wanted to, you could add beef mince, lamb mince, or veggie mince to this recipe to add more protein. If adding meat to the recipe, you can skip the lentils and add around 300g of

meat, or use 100g of lentils and 150g of meat to add a meaty flavour, while reducing the cost and the fat in this recipe.

### **Method:**

Chop all the vegetables (shown in the video). If you can't access the video, all we're aiming to do is chop each of the different vegetables into cubes approx 1.5cm, or about the size of the top part of your thumb.

Add all the raw chopped veggies into the slow cooker.

Add all the spices, herbs and stock cube to the slow cooker.

Add the tinned tomatoes, lentils, and water to the slow cooker.

Add the soy sauce and stir well so that all ingredients are mixed together.

Pop the lid on the slow cooker, turn the slow cooker on, and leave the recipe to cook for 5-7 hours. The recipe can cook over night for up to 14 hours and will be absolutely fine.

Serve! This recipe is full of lentils and beans, so it's a perfectly nutritious meal on its own, but can also be served with rice, potatoes, or breads on the side.

### **Nutrition Facts**

Per Serving for vegan / lentil version (estimate): Calories: 128kcal Carbohydrates: 29g Protein: 6g Fat: 1g Sodium: 783mg Fibre: 7g Sugar: 17g