

Lentil Spaghetti Sauce

- 1 onion chopped
 - 2 cloves garlic chopped
 - 1 tbs olive oil
 - 1 small can Tomato sauce
 - 1 chopped tomato
 - 1 cup lentils - fresh parsley
 - salt oregano thyme basil
 - Tobasco sauce, (little sweetener)
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Saute onions & garlic in oil -
add other ingredients and
simmer about 45 mins on low -
oil lentils are tender -
serve on angel hair
or other pasta.

Delicious!!!