



## THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

### **Lentil Marinara** (adapted from Branny Boils Over)

6-8 servings

I simmered this for 30-45 minutes, but, if you have the time, I suspect that a longer simmering time while covered would really help the lentils absorb the tomato flavor.

I like canned whole tomatoes for sauce because they break down better, but if you don't mind larger tomato chunks in your sauce, diced tomatoes will work fine. I chop canned whole tomatoes by sticking kitchen shears into the can and snipping away.

2 tablespoons oil  
1 onion, diced  
4 garlic cloves, minced  
¼ teaspoon red pepper flakes  
½ teaspoon oregano  
¼ cup white or red wine  
2 (28-ounce) cans whole tomatoes, coarsely chopped  
1 (1-pound) bag brown lentils, rinsed and picked over  
3 cups water  
1 teaspoon salt

1. In a large saucepan over medium heat, heat the oil until it flows like water when the pan is tilted. Add the onion and a pinch of salt and cook, stirring occasionally, until the onion just starts to brown around the edges, about 8 minutes. Add the garlic and red pepper flakes and cook, stirring constantly, until fragrant, about 30 seconds.

2. Add the wine, scraping any browned residue on the bottom of the pan. Increase the heat to medium-high and add the remaining ingredients. Bring to a simmer, then reduce the heat to medium-low and cook, stirring occasionally, about 30 minutes, until the lentils are tender and the sauce is thickened.