

Dinner

# Stovetop Spaghetti

**5 Mins**  
Prep Time

**25 Mins**  
Cook Time

**6**  
Servings

**432** Calories **6g** Fat **77g** Carbs **17g** Protein



## Ingredients

**6** Servings **30 Mins** Total Time **Allergens: Gluten**

1 Tbsp Extra Virgin Olive Oil

1 Medium Shallot, minced

4 Cloves Garlic, minced

2 Medium Carrots, **washed** and shredded

1 Pinch Salt

26 oz Jarred Marinara Sauce, any kind

1 Pinch Red Pepper Flakes

1 Tsp Dried Basil

1 Tsp Dried Oregano

1 Tbsp Brown Sugar

½ Cup Water

¾ Cup Red Lentils

1 Package (1 Lb) Whole Grain Spaghetti

### Nourishment Note



#### Lentils

Lentils are a good plant-based protein source. Protein needs may be higher with HIV.



#### Whole Grain Pasta

Whole grains are a good source of fiber and may support heart and digestive health.

### Allergen Swap

Gluten Swap whole grain spaghetti for a gluten-free pasta

## Instructions

### 1. Wash Hands

Wash hands with soap and warm water.

### 2. Cook Pasta

Cook spaghetti noodles according to package directions.

### 3. Heat Skillet

Heat a large rimmed skillet over medium heat. Once hot, add oil, shallot and garlic. Sauté for 2-3 minutes, stirring frequently, until slightly softened and fragrant. Turn down heat if browning.

### 4. Prepare Sauce

Add carrots and a pinch of salt and stir. Cook for 3-4 minutes more, then add marinara sauce and stir to coat.

### 5. Add Seasoning & Allow Sauce to Cook

Add red pepper flakes, basil, oregano, brown sugar, water and lentils. Increase heat slightly and bring mixture to a simmer, then reduce heat to medium-low and continue cooking until lentils are tender – stirring occasionally – about 17-20 minutes. Add a bit more water if mixture gets too thick.

### 6. Season Sauce to Taste

Once lentils are cooked, taste and adjust seasonings as needed.

### 7. Serve Spaghetti

Serve sauce over noodles. Sauce will keep in the refrigerator for up to 3 days or in the freezer for 1 month.

### 8. Wash Hands

Wash hands with soap and warm water.

## What You'll Need



Measuring Cups



Measuring Spoons



Large Skillet



Wooden Spoon



Large Pot



Colander



Oven Mitts



Cutting Board



Knife

### Fatigue Buster

- Instead of whole carrots, use pre-shredded, bagged carrots
- Instead of whole garlic cloves, use jarred, minced garlic

Recipe adapted from [Minimalist Baker](#)