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Veg(etari)an Recipes

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## Lentil Bolognese

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The perfect dish for when you want quick, easy and filling food. The recipe is for two people.  
(Cooking time: ca. 20 min.)

### What you need:

- ca. 120 g of red lentils
- 500 ml of sieved tomatoes
- 1-2 carrots
- 1-2 onions
- Spices (salt, garlic, oregano)
- 500 ml vegetable broth



Source: Jannsen, P. 2022. Lentil Bolognese.  
[Photograph]

### What to do:

#### *For the Bolognese:*

1. Cut the vegetables and wash the lentils.
2. Gently roast  the onions in a preheated  pot.
3. Add the vegetables first and then the lentils. Roast for 2 Minutes.
4. Add the vegetable broth and cook until the lentils are soft.
5. Add the sieved tomatoes and spices as you like.
6. Cook everything until it starts boiling .

#### *For the Spaghetti:*

1. Boil water.
2. Add salt.
3. Add Spaghetti and cook until they are soft (ca. 7 minutes).

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## Gazpacho

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This vegan recipe is perfect for warm summer-day barbecues. The recipe is for 4 people.  
(Cooking time: ca. 30 min.)

### What you need:

- 1 cucumber
- 1 kg of tomatoes
- 1 bell pepper
- 1 onion
- 4 slices of toast
- 500 ml of sieved tomatoes
- 6 teaspoons of olive oil
- 15 teaspoons of balsamic vinegar
- Spices (salt, garlic, chilli, oregano)
- 500 ml vegetable broth



Source: Jannsen, P. 2022. Gazpacho. [Photograph]

### What to do:

1. Wash and cut the vegetables. Put them into a big bowl.
2. Add the vegetable broth, the sieved tomatoes, olive oil, and the balsamic vinegar.
3. Add the toast.
4. Mash  everything with a blender .
5. Add spices and stir .
6. Put everything into the refrigerator for one hour.