

## Lentil Pizza Sauce

### Ingredients

2 onions finely chopped

2 cloves of garlic finely chopped or crushed

3 carrots grated

Oil

Salt

1 Tbsp cumin

4 cup red lentils

Water to cover lentils

### Procedure

Saute onions, carrots and garlic in a little oil until soft. Add cumin and stir.

Add the lentils and cover with water and cook until lentils are soft and the ingredients have turned yellow in colour. You may need to add more water as the lentils absorb throughout the cooking. Add salt to taste after the lentils have cooled down.

We freeze in four portions and use one portion each pizza day or adjust the quantities above to suit. It doesn't need to be exact.



Spread the lentil pizza sauce on pizza dough/base, top with grated cheese and bake at 220 deg for approx 10-15 minutes.