

## Italian Vege Spaghetti

<b>Equipment</b>	<b>Ingredients</b>
Large saucepan x 2	1 tablespoon olive oil
Knives	1 large onion, chopped
Measuring cups	2 garlic cloves, crushed
Measuring spoons	2 zucchini, chopped
Chopping board	2 yellow squash, chopped
Colander	1 medium eggplant, chopped
Mixing spoon	1 broccoli, chopped
Can opener	1 can lentils, rinsed, drained
	2 cans diced tomatoes
	1 teaspoon sugar
	½ teaspoon salt
	½ teaspoon dried oregano
	1 bay leaf
	1 packet dried spaghetti
	pasta

### **How TO MAKE IT:**

- 1 Cook pasta in a saucepan of boiling, salted water, following packet directions, until tender.
- 2 Heat oil in a large saucepan over a medium heat. Add onion and garlic. Cook for 5 minutes or until onion is just soft
- 3 Add zucchini, squash and eggplant. Cook, stirring for 5 minutes. Add lentils, tinned tomatoes, sugar, salt, oregano, bay leaf and ½ cup cold water. Bring to the boil. Reduce heat to medium-low. Cook, covered, for 20 minutes.
- 4 Discard bay leaf. Drain spaghetti and serve.

