

Mushroom Bolognese

SERVINGS
6

PREP TIME
10 MIN

COOK TIME
35 MIN

TOTAL TIME
45 MIN



Ditch the meat, not the flavor! This hearty Mushroom Bolognese is packed with umami-rich mushrooms and is simple to prepare. Serve it over your favorite pasta for a satisfying dinner.

ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

•1 lb Preferred Pasta

PREPARE PASTA

- Prepare pasta of choice according to package instructions.
- Reserve a ½ cup of pasta water aside. Drain pasta and set aside.
- ✧ Craving a classic pasta? Fettuccine or linguine work wonders. Want a heartier bite? Rigatoni grabs more of the chunky sauce. For a protein boost, try lentil or chickpea pasta!

2

•Olive Oil
•1 Medium Onion
•2 Ribs Celery
•Large Handful Baby Carrots
OR 3 Medium Carrots
•2 T Minced Garlic

PREPARE BOLOGNESE BASE

- Add a generous drizzle of olive to large sauté pan over medium heat.
- Dice and add onion to pan.
- Dice celery & carrots and add to pan.
- Cook about 4-5 minutes to soften.
- Add garlic and cook about 2-3 more minutes.

3

•24 oz Package Cremini (Baby Bella) Mushrooms

PREPARE MUSHROOMS

- Wash & remove the end of stems from mushrooms.
- Using a food processor, pulse mushrooms a handful of times to finely chop (*or easily use a knife to rough chop into fine pieces*)
- Add mushrooms to pan and cook down (uncovered) about 6 -10 minutes until most of the liquid generated by the mushrooms evaporates.

4

•1 Can Diced Tomatoes 15oz
•1 Can Tomato Sauce 15oz
•¼ C Dry Red Wine (*Optional*)
•2 T Soy Sauce
•2 T Italian Seasoning
•2 T Nutritional Yeast
•1 tsp Salt
•½ tsp Pepper

ADD SAUCES & SEASONINGS

- Add all sauces and seasonings and mix until combined.
- Cover and reduce heat to just medium-low.
- Cook about 15 minutes until mixture thickens, stirring occasionally.
- ✧ Taste this mixture a couple of times and adjust the spices accordingly. It is likely you may need to add additional salt.

SERVE WITH

•Salt & Pepper
•Nutritional Yeast
•Fresh Basil (if available)