

Mushroom Cauliflower Bolognese

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 12

Serving size: 2 cups (1 cup sauce plus 1 cup pasta)

Ingredients	Quantity	Measure
White or Cremini mushrooms, sliced	2	pounds
Cauliflower, whole	2	each
Canola Oil, divided	½	cup
Yellow onion, small dice	2	each
Garlic cloves, minced	12	each
Red chili flake	1	teaspoon
Italian seasoning	2	Tbsp.
Tomato paste	1 ½	cups
Nutritional yeast	2	Tbsp.
Vegetable stock	4	cups
Salt and Pepper		To Taste
Rigatoni pasta, dry	2	pounds
Parsley, fresh and chopped	2	Tbsp.
Non-dairy parmesan cheese	½	cup
Lemon juice, fresh	1	Tbsp.

Preparation

1. Reserve ½ pound of mushrooms. In a robot coupe or food processor, pulse the remaining mushrooms in batches until finely chopped. Remove and place in bowl. Set aside, keeping the sliced and processed mushrooms separate.
2. In a clean robot coupe or food processor, process the cauliflower into a rice size and texture. Reserve in a bowl until needed.
3. Heating a large rondeaux or heavy bottom stock pot over medium high heat, pour 2 tablespoons of oil and heat until hot. Place the sliced mushrooms in a single layer and allow to cook undisturbed until the moisture evaporates and the bottom starts to caramelize. Flip the mushrooms and cook other side, again until the moisture evaporates, and it starts to caramelize. Remove and repeat (start with heating another 2 tablespoons of oil over medium high heat) until all the sliced mushrooms are cooked. Remove and reserve. Heat the remaining oil over medium high heat and cook the remaining processed mushrooms in the same manner. Once caramelized on both sides, add the onions and garlic and cook until translucent and soft. Add the red chili flakes, Italian seasoning and nutritional yeast and cook until fragrant. Add the cauliflower and the tomato paste and cook until slightly darkened and softened. Add the vegetable stock and the reserved sliced mushrooms and allow the sauce to reduce for 10-15 minutes or until the cauliflower is fully cooked and the sauce has thickened.
4. Boil pasta as directed on the package. Reserve 4 cups of the pasta water to help thin the sauce as needed.



Mushroom Cauliflower Bolognese Continued

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5. In a large bowl that will hold both the pasta and the sauce, place the drained pasta in the bowl. Ladle the sauce over the pasta and start to mix. Use the reserved pasta water to help with the consistence of the sauce (pour a little at a time if too thick). Continue with the remaining pasta or until the desired consistency is achieved. Garnish with chopped fresh parsley, non-dairy Parmesan, and a squeeze of lemon juice to brighten the dish.

Notes

**Alternatively, place the drained pasta on a platter and pour the sauce on top (thinning it with reserved pasta water as needed). Garnish with parsley, non-dairy Parmesan cheese, and a squeeze of lemon juice to brighten the dish.

Nutrition Information

 *From USDA Nutrient Database

Calories: 482 Total Fat: 12.9g Saturated Fat: 0.9g Monounsaturated Fat: 5.5g Polyunsaturated Fat: 2.9g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 75g Fiber: 8g Total Sugar: 12.5g Protein: 16.4g Sodium:
519mg Vitamin A: 28µg Vitamin C: 79.5mg Calcium: 57mg Iron: 5mg Folate: 90µg