Elephantastic Vegan

CARROT BOLOGNESE (Bianca Haun)

Carrot Bolognese is one of my favorite easy, no-fuss meals! You only need a handful of ingredients and 20 minutes of time!

2 cups penne pasta (whole wheat or brown rice)
4 medium carrots, peeled and roughly chopped
3 garlic cloves
1 onion (I used a red onion)
1 teaspoon olive oil [or 1/4 cup sherry or white wine]
2 cups tomato purée or passata
1/2 teaspoon salt
1/4 cup fresh oregano
Nutritional yeast for serving.

1. Boil the pasta. Drain and set aside.

2. Add the carrots, garlic cloves and onion to a food processor and chop until smallish. Add the chopped veggies to a large pot with olive oil or sherry on medium to high heat and let them cook until the veggies are softened.

3. Reduce the heat and add the tomato purée/ passata, salt, and fresh oregano. Add more salt to taste.

4. Add the pasta to the sauce. Stir. Heat it up until everything is warm. Serve and sprinkle the pasta with nutritional yeast.

Passata is an uncooked tomato purée that's been strained of all skin and seeds. The uncooked nature of this product gives it a fresh, vibrant flavor. (giadzy.com)

Passata can be found jarred or in an aseptic package. Pomi is a well-known imported brand, but you can also find other brands, including store brands. You can also use tomato purée or crushed tomatoes in the recipe, but the flavor will be somewhat different.



Elephantastic Vegan was created by Bianca Haun, a young Austrian woman who first tried vegan food and learned about veganism on a trip to the United States in 2012. She started her blog in 2014, in part to keep track of what she has cooked (that's where "elephant" comes in, as they have good memories)!

The recipes on this site are completely plant-based but not always WFPB. Bianco likes to creates dishes for people want to eat "meaty, cheesy, fishy" meals without animal products because, as she says, "you don't have to sacrifice taste for cruelty-free meals!"

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