Ordinary Vegan

VEGAN BOLOGNESE SAUCE WITH MUSHROOMS & EGGPLANT (Nancy Montuori, adapted from a recipe by Kay Chun

Ingredients:

- ½ cup to 1 cup of vegetable broth for sautéing
- 16-ounces of mushrooms cut into 1//4 inch dice (use any you like - I like a combination of Portobello, Cremini & White - if you use a dried mushroom, make sure you soak them in hot water until soft about 30 minutes and don't throw away the water, add it to the sauce)
- 1 small onion, cut into ¼ inch dice
- 2 medium carrots, peeled and cut into ¼ inch dice
- 3 garlic cloves, minced
- 1 small eggplant (8 ounce) peeled and cut into ¼ inch dice
- ½ teaspoon salt
- Fresh ground black pepper
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 2 tablespoons tomato paste
- 1 tablespoon white miso paste
- 1 28-ounce can crushed tomatoes
- ½ teaspoon sugar
- Chopped fresh basil for topping (optional)
- 12 ounces zucchini noodles, recipe below, or pasta noodles cooked according to package directions





1. In a large soup pot, heat ½ cup of vegetable broth. Lightly season with a pinch of salt and ground black pepper.
2. Add the onion and carrots and cook over moderate low heat until softened and golden, about 7 minutes.
3. Add the eggplant and a little more vegetable broth and cook, stirring occasionally, until softened about 7 minutes.
4. Stir in the mushrooms, and a little more vegetable broth, cook, stirring occasionally until the mushrooms are golden, about 7 to 9 minutes.
5. Stir in the garlic, tomato paste and miso paste. Whisk until combined and cook for another 2 minutes.
6. Add the crushed tomatoes, sugar, dried basil, dried thyme, ½ teaspoon of salt and fresh ground black pepper.
7. Cover lightly and cook over low heat, stirring occasionally, until the sauce is very thick, about 60-90 minutes.
8. *If cooking pasta, cook until al dente, drain and reserve ¼ cup of the pasta water and add to the sauce.*
9. Taste and season with more salt and ground black pepper if needed.
10. Serve over pasta with a light sprinkle of nutritional yeast and chopped basil.

ZUCCHINI NOODLES

- 2 large zucchini (about 1½ pounds)

Cut lengthwise slices from the zucchini using a vegetable peeler, stopping when the seeds are reached. Turn the zucchini over and continue "peeling" until all the zucchini are in long strips. Discard the seeds. Slice the zucchini into thinner strips resembling spaghetti. Bring a medium pot of water to a boil and add a small pinch of salt. Gently add the zucchini. Cook about 3 min. or until al dente. Don't overcook.

Ordinary Vegan is the site of Nancy Montuori. Nancy was brought to the plant-based path by watching "Forks Over Knives." Her recipes are WFPB and oil-free.