MUSHROOM BOLOGNESE

DESCRIPTION

This Mushroom Bolognese recipe is an easy, hearty, and oh-so-delicious vegetarian (and vegan!) take on traditional bolognese.

INGREDIENTS

- 1 pound (16 ounces) dry pasta *(I used tagliatelle)*
- 2 tablespoons butter or olive oil
- 1 white onion, peeled and diced
- 1 large carrot, peeled and diced
- 2 celery ribs, diced
- 8 garlic cloves, and minced
- 1 - 1½ pound assorted fresh mushrooms, diced *(I used baby bellas, shiitake, cremini and porcini mushrooms)*
- 2/3 cup red wine
- 1 2/3 cups vegetable stock
- 1 (15-ounce) can tomato sauce
- 1 bay leaf
- 2 teaspoon Italian seasoning *(*or see alternatives below)*
- pinch of crushed red pepper
- Kosher salt and freshly-ground black pepper
- grated Parmesan cheese, for topping *(omit the cheese if making this vegan)*

INSTRUCTIONS

1. Cook pasta in a large pot of generously-salted boiling water aldente according to package instructions. Drain. *(I recommend actually adding the pasta to the water at about the same time that you add the stock to the sauce, for ideal timing.)*
2. Meanwhile, in a separate large saute pan, add the butter and cook over medium-high heat until melted. Add the onion, carrot and celery and saute for 6-8 minutes, stirring occasionally, until the vegetables are softened and mostly cooked through. Add the garlic and mushrooms and continue cooking for an additional 4-5 minutes until the mushrooms are browned, and all of the vegetables are completely cooked through.
3. Pour in the wine, and give the mixture a good stir. Let the mixture come to a boil and simmer for about 2-3 minutes, or until the wine is reduced by about half.
4. Add in the vegetable stock, tomato sauce, bay leaf, Italian seasoning, and a generous pinch of salt and pepper. Stir to combine. Let the mixture continue cooking until it comes to simmer. Then reduce heat to medium-low, and simmer uncover for about 10 minutes so that it slightly reduces.
5. Taste, and season with extra salt, pepper, Italian seasoning, and/or crushed red pepper if needed.
6. Once the pasta is cooked and drained, combine it with the sauce and toss until combined. Serve immediately, garnished generously with Parmesan.