

Vegetable Bolognese

From – *passtheplants.com*

3 lbs zucchini (2 to 3 inches in diameter – for making the “zoodles”)
1 head of cauliflower (broken into large florets)
2 carrots
8 oz crimini mushrooms (cleaned and stems trimmed)
1 medium yellow onion (halved or quartered)
3 cloves garlic (peeled)
1 cup walnuts
2 cans (28 oz each) crushed tomatoes
1/4 cup sundried tomatoes
2 Tbsp nutritional yeast
1 tsp salt
1 tsp dried oregano
1 tsp dried basil
1 tsp maple syrup (to taste)

- Place sun dried tomatoes to soak in warm water while you prep the veggies.
- In a food processor, pulse or shred the cauliflower, carrots, mushrooms, onions, and garlic until they are all shredded or pulsed into very fine pieces.
- Add the shredded vegetables to a large, deep nonstick or cast iron skillet on medium-high heat.
- Sweat/saute the vegetables until they reduce in volume and the water is mostly cooked out.
- Grind the walnuts into a coarse meal using a food processor, and add to the skillet along with the salt, dried herbs, and nutritional yeast. Stir to combine and “bloom” the seasonings.
- Drain the sundried tomatoes from the soaking liquid and add to the food processor along with 1 can of crushed tomatoes. Puree until smooth, then add to the pan along with the second can of tomatoes. Taste for seasonings, and add 1 tsp maple syrup if the sauce seems too acidic.
- Bring to a simmer, then reduce to low, stirring occasionally for 10-15 minutes, or until warmed through and slightly reduced.
- While the sauce is simmering, prepare the “zoodles.”
- Using a spiralizer or similar tool, julienne the zucchini into long noodle-like shapes. To prevent extra-long strands, pierce a sharp knife into the squash vertically along the length in 1 inch intervals. This will provide a stopping point for the blade and create shorter “zoodles.”
- This sauce is also great over pasta!



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