



## Vegan Meat-Free Bolognese

with Mushrooms & Carrots



30-40min



2 Servings

Incorporating plant-based meals into your weekly routine doesn't have to be difficult. We make it easy with quick-to-prepare meat-free meals brimming with flavor. For this bolognese, we combine onions, carrots, baby bella mushrooms, tomatoes, and our protein-packed plant-based ground. The result is a rich "meaty" sauce perfect for coating al dente spaghetti. A sprinkle of torn basil leaves on top and *mangia*, dinner is served!



## What we send

- 1 carrot
- 1 medium yellow onion
- 4 oz baby bella mushrooms
- garlic
- 14 oz whole peeled tomatoes
- 6 oz spaghetti <sup>1</sup>
- ½ lb pkg plant-based ground <sup>1,6,15</sup>
- ¼ oz fresh basil

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- large pot
- medium skillet

## Allergens

Wheat (1), Soy (6), Tree Nuts (15).  
May contain traces of other allergens.  
Packaged in a facility that packages  
gluten containing products.

## Nutrition per serving

Calories 840kcal, Fat 32g, Carbs 99g,  
Protein 38g



### 1. Prep vegetables

Bring a large pot of **salted water** to a boil.

Scrub **carrot**, halve lengthwise, and cut into ½-inch pieces (about 1½ cups). Halve and cut **all of the onion** into ½-inch pieces. Wipe **mushrooms**, then cut into ¼-inch pieces. Finely chop **2 teaspoons garlic**.

Use kitchen shears to cut **tomatoes** in the can until finely chopped.



### 4. Cook mushrooms

Once **carrots and onions** are softened, add **mushrooms** to skillet and cook, stirring occasionally, until mushrooms are just beginning to soften, 1-2 minutes.



### 2. Cook carrots & onions

Heat **1 tablespoon oil** in a medium skillet over medium-high. Add **carrots, onions, and a pinch each of salt and pepper**. Cook, stirring occasionally, until vegetables are softened and lightly browned, 5-7 minutes.



### 5. Simmer bolognese sauce

To skillet with **vegetables**, add **chopped garlic, plant-based ground, and 1 tablespoon oil**. Cook, breaking protein up into small pieces, until just beginning to brown, 3-4 minutes. Stir in **tomatoes** and **reserved cooking water**; bring to a simmer. Cook over medium-high heat until sauce is slightly thickened, about 10 minutes. Season to taste with **salt** and **pepper**.



### 3. Boil spaghetti

While **vegetables** cook, add **spaghetti** to boiling water. Cook, stirring often to prevent clumping, until al dente, 8-9 minutes. Reserve **½ cup cooking water**, then drain pasta, return to pot, and toss with **1 teaspoon oil**. Cover to keep warm until step 6.



### 6. Finish & serve

Transfer **bolognese sauce** to pot with **pasta** and toss to combine. Serve **meat-free bolognese and pasta** garnished with **torn basil leaves**. Enjoy!