



Mushroom Bolognese over Zucchini Noodles

By Chef Veera Gaul, Ph.D.



Ingredients

- ½ oz dried porcini mushrooms
- ½ cup hot water
- 2-3 tablespoons O&V **Porcini EVOO** or [Garlic EVOO](#) *
- 1 ½ cups chopped onion
- ¼ teaspoon crushed red pepper
- 1 cup diced carrots
- 1 cup diced celery
- 8-10 cloves of garlic, minced
- 1 teaspoon O&V [Tuscan Dipper](#) or dried oregano *
- 1 package (8oz) cremini mushrooms, finely chopped
- 1 package (8 oz) white button mushrooms, finely chopped
- 4 oz oyster mushrooms roughly chopped
- 2 tablespoons tomato paste
- 1 tablespoon reduced sodium soy sauce
- 1 can (15 oz) diced, unsalted tomatoes, with liquid
- Salt and pepper to taste

- 1 cup [Flavorful Tofu Crumbles](#) (optional)

- 3-4 zucchini, spiralized
- 1 tablespoon O&V [Unflavored Extra Virgin Olive Oil](#) *
- Grated Parmesan Cheese or Nutritional Yeast to garnish

Chopped parsley to garnish

Preparation

If using the [Flavorful Tofu Crumbles](#), start with making that, and prep the remaining items while it is in the oven.

Combine the ½ cup hot water and dried porcini mushrooms in a bowl and let stand 20 minutes. Drain the mushrooms, reserving the soaking liquid. Finely chop the rehydrated porcini mushrooms.

Heat oil in a large pot or sauce pan on medium heat. Add the olive oil and chopped onion. Sauté till translucent, about 3-5 minutes, then add the crushed red peppers, carrots, celery, garlic and sauté an additional 6-8 minutes. Add in the Tuscan Dipper or dried oregano, and the cremini, white, and oyster mushrooms. Cook 6-10 minutes till the mushrooms release their water, and start to brown.

Stir in the tomato paste, Porcini mushrooms, reserved soaking liquid, soy sauce, can of diced tomato with liquid. Season with salt and pepper and reduce heat. Simmer for 10-12 minutes.

If adding [Flavorful Tofu Crumbles](#) add at this time and simmer an additional 5 minutes.

Spiralize zucchini. In a large saucepan, add the tablespoon of oil, and gently warm the zucchini noodles. Divide amongst four plates and top with the Mushroom Bolognese.

Optionally, garnish with a sprinkle of grated Parmesan cheese or nutritional yeast and some parsley

Serves 4

Active time 45 minutes. Total time 65 minutes

Notes

* The [Garlic EVOO](#) or [Porcini EVOO](#) and the [Tuscan Dipper](#) seasoning mix all add layers of flavor to this hearty sauce. You can substitute a high quality unflavored extra virgin olive oil instead

Categories: Entrée, Pasta, Vegetarian, Vegan, Gluten Free, Dairy Free, Mushrooms, Porcini, Garlic EVOO, Tuscan Dipper, Cremini Mushrooms, Oyster Mushrooms, Flavorful Tofu Crumbles, Zucchini Noodles, Ultimate Vegan Bolognese, Ultimate Vegetarian Bolognese, Italian Classic, Spaghetti Bolognese