



**GREEN
CHEF**

SPAGHETTI WITH MUSHROOM BOLOGNESE

creminis, porcinis, tomatoes, carrots, scallion

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

600

MENU

VEGAN

Tonight's vegan pasta is brimming with umami flavors thanks to tender creminis and rich porcinis. The mushrooms are cooked with carrots and onion until tender, then simmered with garlic, red wine vinegar, tomato paste, and our Italian herb and red pepper blend to build a savory bolognese sauce. That's all simmered with tomatoes, mushroom stock, and a pinch of sugar, then tossed with al dente spaghetti. The slurpable strands are finished with a sprinkle of scallion.

INGREDIENTS (12 ITEMS)

6 oz **Spaghetti** W
 1 whole **Yellow onion**
 4 oz **Cremini mushrooms**
 ¼ oz **Dried porcini mushrooms**
 ¼ oz **Garlic**
 1 whole **Scallion**
 4 oz **Carrots**
 ¾ oz **Red wine vinegar**
 1½ oz **Tomato paste**
 ¾ tsp **Italian herb & red pepper blend**
 6¼ oz **Ground tomatoes**
 2 whole **Mushroom stock concentrates**

WHAT YOU'LL NEED

large pot
 large sauté pan
 small bowl
 measuring cup & spoons
 strainer
 cooking & olive oils
 1½ tsp sugar
 salt & pepper

ALLERGENS

W WHEAT



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK PASTA

- Bring a large pot of lightly salted water to a boil. Once boiling, stir in **spaghetti**. Cook 9–11 minutes, or until al dente, stirring occasionally.
- Strain **spaghetti**; shake off excess water. Return to pot. Drizzle with 1–2 teaspoons olive oil. Stir to coat.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Roughly chop **dried porcini mushrooms**. Place in a small bowl. Cover with about ¼ cup water. Let soak about 5 minutes, or until softened (reserve soaking liquid).
- Mince **garlic**.
- Trim and thinly slice **scallion**.

3 START BOLOGNESE

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **carrots** to hot pan. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook 2–3 minutes, or until just softened, stirring occasionally.
- Add **onion**. Cook 4–5 minutes, or until onion is translucent, stirring occasionally.
- Add **cremini mushrooms** and **porcini mushrooms** (with reserved soaking liquid). Cook 3–4 minutes, or until mushrooms are tender, stirring occasionally.

4 FINISH BOLOGNESE

- Add **garlic**, **red wine vinegar**, **tomato paste**, and **Italian herb and red pepper blend** to pan. Stir to combine. Cook 1–2 minutes, or until fragrant.
- Add **ground tomatoes**, **mushroom stock concentrates**, 1½ cups water, and 1½ teaspoons sugar. Bring to a simmer, then reduce heat to low. Simmer 10–15 minutes, or until sauce has thickened, stirring occasionally.*
- Season with salt and pepper to taste. Remove from heat.

**If the sauce seems too thick, stir in a splash of water.*

5 TOSS PASTA

- Carefully transfer **bolognese sauce** to pot with **spaghetti**. Toss to combine.

6 PLATE YOUR DISH

- Divide **spaghetti with mushroom bolognese** between bowls. Garnish with **scallion**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (406g)

Amount per serving

Calories **600**

	% Daily Value*
Total Fat 15g	19%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1380mg	60%
Total Carbohydrate 98g	36%
Dietary Fiber 9g	32%
Total Sugars 17g	
Includes 4g Added Sugars	8%
Protein 18g	
Vitamin D 0mcg	0%
Calcium 102mg	8%
Iron 6mg	35%
Potassium 1304mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Spaghetti [wheat semolina, niacin, iron lactate, thiamin mononitrate, riboflavin, folic acid.], **Cremini Mushrooms**, **Dried Porcini Mushrooms** [dried procini mushrooms], **Scallions**, **Carrots**, **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Yellow Onion**, **Garlic**, **Tomato Paste** [tomato paste, citric acid], **Ground Tomatoes** [organic tomatoes, organic tomato puree, sea salt, citric acid], **Red Wine Vinegar** [aged red wine vinegar], **Italian Herb & Red Pepper Blend** (Granulated Garlic, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Parsley, Crushed Red Pepper Flakes, Onion Powder)

Allergen information:

Contains Wheat

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.