

#### GREEN CHEF

## **SPAGHETTI WITH MUSHROOM BOLOGNESE**

MENU

VEGAN

creminis, porcinis, tomatoes, carrots, scallion

**соок тіме** 35 мін servings 2

## **CALORIES PER SERVING**

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)

Spaghetti w
Yellow onion
Cremini mushrooms
Dried porcini mushrooms
Garlic
Scallion
Carrots
Red wine vinegar
Tomato paste
Italian herb & red pepper blend
Ground tomatoes
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.

#### COOK PASTA

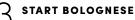
- Bring a large pot of lightly salted water to a boil. Once boiling, stir in spaghetti. Cook
  9-11 minutes, or until al dente, stirring occasionally.
- Strain **spaghetti**; shake off excess water. Return to pot. Drizzle with 1-2 teaspoons olive oil. Stir to coat.



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.

#### $\mathcal{P}^{\mathsf{PREP}}$

- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about 1/4 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**.



- 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.

#### 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.

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

#### PLATE YOUR DISH

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











## **Nutrition Facts**

## 2 Servings per container **Serving size**

Amount per serving

# Calories

#### % Daily Value\* Total Fat 15g 19% Saturated Fat 2g 10% Trans Fat 0g Cholesterol Omg 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% 35% Iron 6mg 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.

## (406g)