

VEGAN MUSHROOM RAGU

SERVES 4

PREP 5 MIN | COOK 25 MIN

Ingredients

- 3 tbsp olive oil
- 1 ½ cups finely diced shallots
- 1 tbsp finely minced garlic
- 350g button or cremini mushrooms, thinly sliced
- 220g shiitake mushrooms, thinly sliced
- 170g portobello mushroom caps, shredded
- 1 tbsp tomato paste
- 1 tbsp all purpose flour
- 2 cups vegetable broth, divided
- ⅓ cup good quality dry sherry or red wine
- 1 400g can crushed tomatoes
- 1 tbsp red wine vinegar
- 1-1 ¼ tsp fine salt
- ½ tsp ground black pepper
- ¼ cup fresh parsley, chopped
- 1 ½ tsp fresh thyme, finely chopped
- 1 ½ tsp fresh rosemary, finely chopped
- 2 tbsp vegan butter
- 350g pasta of choice, cooked in salted water
- Vegan parmesan for garnish



Recipe Credit: crowdedkitchen.com



VEGAN MUSHROOM RAGU CONT.

SERVES 4
PREP 5 MIN | COOK 25 MIN

Method

1. Heat oil in a large pot or dutch oven over medium heat.
2. Add shallots and sauté for 5 minutes. Add garlic and continue cooking for 2-3 minutes, stirring occasionally.
3. Prepare mushrooms: wash and pat dry. Button mushrooms: trim the bottom of the stem, then slice thinly. Shiitake: remove stems completely, then slice thinly. Portobello: Remove stems, then use two forks to shred.
4. Add the mushrooms to the pot with 2-3 tbsp of vegetable broth. Stir well and cook until the mushrooms are softened and cooked down – about 8-10 minutes.
5. In a small bowl, whisk together 1 tbsp of flour and 2 tbsp of broth. Add flour mixture and tomato paste to the pot and stir well.
6. Add remaining broth, sherry, crushed tomatoes, red wine vinegar, salt and pepper. Stir well, then bring to a boil. Once boiling, reduce heat to medium-low and stir in fresh herbs.
7. Cover and simmer over low heat for 20 minutes, stirring every 5 minutes or so. Remove the lid and continue cooking for another 20-25 minutes, stirring occasionally.
8. Meanwhile, cook pasta in salted water according to package directions.
9. Once ragu is finished cooking, stir in 2 tbsp vegan butter and remove from heat. Serve over cooked pasta and garnish with vegan parmesan and more fresh herbs.



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