

# Vegan Bolognese with Mushrooms and Walnuts

Makes 6 cups

This recipe is by Alexa Welbel, courtesy of the Mannings. I substitute dark soy sauce for regular soy to give it a darker color and I go a little lighter on the red pepper flakes.



## Ingredients

- 1 cup walnuts
- 1 tsp. kosher salt (divided)
- 1/2 tsp. pepper (divided)
- 8 oz. Shitake mushrooms
- 8 oz. Cremini mushrooms
- 1/2 cup olive oil
- 1/2 tsp. fennel seeds (divided)
- 2 Tsp. dark soy sauce
- 2 tsp. aged balsamic vinegar
- 1 medium onion (1 1/3 cup chopped)
- 1 medium carrot (1 cup chopped)
- 2 celery stalks (3/4 cup chopped)
- 4 garlic cloves
- 1 tsp. dried oregano
- 1/2 tsp. red-pepper flakes
- 3 Tbsp. tomato paste
- 1/2 cup red wine
- 28 oz. crushed tomatoes
- Parsley or basil for garnish

## Equipment:

- Dutch oven
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## Vegan Bolognese:

<input checked="" type="checkbox"/>	Directions	Time
	Chop walnuts into 1/4 inch pieces	3
	Remove mushroom stems from 8 oz. Shitake and 8 oz. Cremini mushrooms. Chop into 1/4-inch pieces	5
	Peel and chop 1 1/3 cup onion, 1 cup carrot, 3/4 cup celery, and 4 cloves of garlic	10
	In a Dutch oven over medium heat, toast 1 cup of walnuts until they visibly sweat	5
	Season nuts with a pinch of kosher salt and pepper and then set aside	2
	Wipe out the pot. Heat 2 Tbsp. olive oil over medium heat. Add half the mushrooms and 1/2 tsp. fennel seeds and a pinch of salt and pepper	2
	Sauté until browned	6
	Transfer mushrooms to the bowl with the nuts. Repeat with the remaining mushrooms and 1/2 tsp. fennel seeds	6
	Transfer to bowl with nuts. Stir in 2 tsp. dark soy sauce and 2 tsp. balsamic vinegar.	2
	Lower heat to medium. Add 2 Tbsp. olive oil, onion, carrot and celery. Season with a pinch of salt and pepper.	2
	Sauté until vegetables start to caramelize	7
	Stir in the nuts and mushrooms. Add the garlic, 1 tsp. oregano, 1/2 tsp. red pepper flakes and stir	2
	Stir in 3 Tbsp. tomato paste and cook until darkened	4
	Add 1/2 cup red wine and cook until thick and sticky	4
	Add 28 oz. of crushed tomatoes and 1 cup of water	1
	Bring to a simmer over high heat.	2
	Cover. Reduce heat to medium-low and simmer.	40
	Stir in 2 Tbsp. olive oil	1
	Total: 1 hour 45 minutes	