

Vegetarian Bolognese Sauce

By Audrey Plant

Ingredients

1/2 cup extra virgin olive oil
1 medium onion, diced
2 stalks celery, diced
3 large carrots, unpeeled and diced
1 head of roasted garlic, peeled and roughly chopped
24 ounces cauliflower florets or 2 heads cauliflower, roughly chopped
3 tablespoons unsalted butter
1 can (24 ounces) crushed tomatoes
1 quart vegetable broth
1 cup whole milk
1/2 cup dry white wine
1 tablespoon kosher salt
1 1/2 teaspoon black pepper
1/4 teaspoon red pepper flakes
1/2 cup Parmigiano Reggiano, for garnish
2-3 tablespoons fresh basil, cut into thin ribbons for garnish

Instructions

1. Preheat a large pot on medium-high heat with olive oil. Sauté onions, celery, and carrots for 3-4 minutes until translucent. Add roasted garlic and cauliflower, saute for another 4 minutes.
2. Add butter, crushed tomatoes, vegetable broth, milk, and white wine. Using a wooden spoon, mix well.
3. Add salt, pepper, and red pepper flakes. Bring to a rolling boil uncovered.
4. Turn down the heat down to low, place the lid on the pot, and simmer for 90 minutes. Stir occasionally.
5. Remove the lid and turn off the heat. In a medium serving bowl, ladle sauce over pasta of choice. Using tongs, fold pasta into sauce until completely coated. Sprinkle Parmigiano Reggiano and fresh basil over top. Serve immediately.

Notes:

1. The key to this recipe is low and slow. Simmering it on low allows the veggies to break down into the sauce.
2. Break apart the cauliflower heads into small florets. Run your knife over the cauliflower a few times for a rough chop.
3. Substitute butter and milk for your choice of non-dairy butter and unflavored nut/oat milk of your choice.