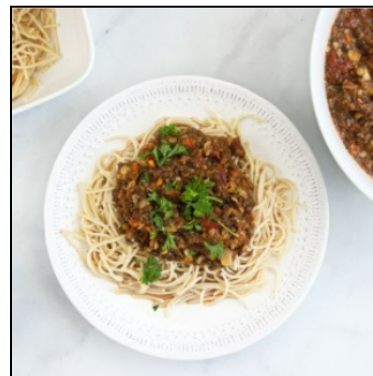


SHEET PAN VEGETABLE BOLOGNESE

Prep Time: 20 mins **Cook Time:** 50 mins **Servings:** 4

This is a plant-powered twist on a classic Italian meal in one pan. Loaded with nutrient-dense ingredients that are protein, fat & fiber rich.

- 1/4 cup porcini mushrooms, dried
- 2 large carrots, peeled & chopped
- 2 parsnips, peeled & chopped
- 1 onion, sweet, peeled & chopped
- 8 oz mushrooms, washed & chopped
- 4 cloves garlic, peeled & minced or pressed
- 1 cup tomatoes, canned, drained & chopped
- 4 Tbs olive oil
- 2 Tbs tomato paste
- 1/4 cup soy sauce (or alternative 1 Tbsp high quality balsamic vinegar)
- 1 1/2 cups lentils, canned, drained & rinsed (or you can cook ahead)
- 2 cups vegetable broth. low-sodium
- 1/2 cup parsley, fresh, chopped
- Salt & Pepper to taste Red pepper flakes (optional)



How To:

1. Preheat oven to 400° F.
2. Cover porcini mushrooms with 1 cup of very hot water and steep for at least 15 minutes. Drain and reserve broth.
3. Prepare vegetables according to directions.
4. Pulse vegetables one at a time in your food processor until finely chopped. Add to a large mixing bowl.
5. Stir in pressed garlic and canned tomatoes. 3. Whisk together olive oil, tomato paste, soy sauce, and reserved mushroom broth. Pour over vegetables and toss to coat.
6. Spread vegetables in a parchment-lined roasting pan with sides and place in oven and roast, stirring once, for 30-40 minutes.
7. Stir in lentils and as much vegetable broth as needed to achieve the desired consistency.
8. Remove from oven and let cool before storing in a glass dish with lid. The sauce can be stored for up to 4 days in the refrigerator.
9. Serve sauce over spaghetti squash, cauliflower rice, zucchini noodles, or another whole grain pasta or spaghetti of choice.

Bonus tip: If you want to keep this meal vegan add a sprinkle of nutritional yeast to finish off the dish or parmigiano if you are not vegan.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serve	% Daily Value*	Amount/serve	% Daily Value*
Calories				
per serving	358			
	Total Fat 14.4g	22%	Total Carbohydrates 48g	16%
	Saturated Fat 2.0g	9%	Dietary Fiber 14g	55%
	Trans Fat 0.0g		Total Sugars 15g	
	Cholesterol 0mg	0%	Protein 12g	
	Sodium 501mg	21%		
	Vitamin D 0mcg 3% - Calcium 94mg 9% - Iron 5mg 25% - Potassium 1202mg 25%			
	- Show all nutrients -			

* The percent 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.



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