

Eggplant Bolognese

By: cherise mazur

Ingredients:

1 medium eggplant
1 pound baby bella mushrooms (sliced)
1 medium onion-chopped*
2 carrots peeled and chopped*
2 celery stalks finely chopped*
2 tbs olive oil
1.5 cups drinkable red wine
2 garlic cloves chopped
1 (28oz) can crushed tomatoes ([I like Pomi](#))
¼ cup tomato paste
8 oz pasta or zoodles
1 tsp basil
1 tsp parsley
1 tsp oregano
Seal salt to taste
Optional - fresh grated parm or nutritional yeast
*I like to buy a mirepoix mix so all the work is done already!

Instructions:

1. Bake the whole eggplant in the oven at 350F for 1 - 1.5 hours until very tender. Let eggplant cool while preparing the rest.
2. Saute mushrooms in large pan over medium-high heat until they have shrunk by half - maybe 8-10 minutes. Set aside.
3. Heat the oil in a large pot over medium heat until hot. Add in onion, carrot and celery mixture and season with salt to taste (¼ tsp should do). Cook and stir frequently until softened.
4. Add in garlic, seasonings and tomato paste - cook until thickened up.
5. Once eggplant is cool, peel and chop small then add to pot along with mushrooms and crushed tomatoes and salt to taste.
6. Simmer over low heat with cover for about an hour until sauce thickens. Stir frequently.
7. While sauce is cooking, bring a large pot of salted water to a boil for pasta (unless using zoodles)
8. Once pasta is cooked, drain and add pasta to pot of sauce and cook for a few minutes. You can reserve some of the pasta water to add if the sauce is too thick.
9. Sprinkle the remaining herbs over and parm cheese if desired.
10. Can be stored in the fridge for 3-5 days or frozen for up to 6 months
11. Enjoy!