Pomì
O Così. O Pomì.

Vegan Bolognese

Preparation time: 120 min
Difficulty: Easy

Ingredients

- Bay leaf: 1
- Carrot: 1
- Fresh parsley and basil: to taste
- Olive oil: 1 tablespoon
- Onion: 1
- Optional Parmesan (or vegetable Parmesan alternative):
- Pepper: to taste
- Red Wine: 75 ml
- Salt: to taste
- Small tomatoes: 5
- Spaghetti, tagliatelle or other pasta: 200 gr
- Stick celery: 1/2
- Vegan minced meat alternative: 100 gr
- Vegetable cream or milk alternative: 75 ml

Preparation

1. Peel the onion and chop it together with the carrot, celery and tomatoes.
2. Heat the oil in a pan and gently fry the onion, carrot and celery in it.
3. Deglaze with red wine and add the tomatoes and meat substitute. Season with salt and pepper and simmer for a few minutes.
4. Add the vegetable cream or milk alternative, mix and then add the strained tomatoes and some parsley. Simmer for 20 minutes.
5. Add the bay leaf and simmer for at least another hour. Stir in between and make sure nothing burns. Optionally, add a little more water if the sauce becomes too thick.
6. Finally, cook the pasta in salted water and then add a little pasta water to the sauce, stir again.
7. Add the pasta to the sauce in the pan, season with salt, pepper and fresh herbs and optionally top with Parmesan.

For this recipe we used:

Strained Tomatoes 500 ml