

Mushroom Ragu

Ingredients

- Olive Oil - 1/2 Cup / 4 oz
- Onions, minced - 1 Cup / 8 oz
- Carrots, minced - 1 Cup / 6 oz
- Celery, minced - 1 Cup / 6oz
- Garlic, minced 1 tsp
- Oyster Mushrooms, minced - 4 Cups / 16 oz
- Tomato, crushed - 28 oz
- Tomato, paste - 6 oz
- Water, Herb - 4 cups / 32 oz
- Balsamic Vinegar - 1 Tbsp
- Red Wine Vinegar - 1 Tbsp
- Salt, Kosher - 4 tsp
- Pepper, Ground - 1 tsp
- Chili, Crushed - 1/8 tsp

Directions

1. In a 4 quart sauce pot - start by simmering the onion, celery, and carrot in the olive oil until the onion is translucent and the vegetables begin to caramelize. approx 15 minutes.
2. Add the garlic and mushrooms, stirring to combine.
3. Add the tomato and herb water, bring to a simmer, reduce the heat, cover the pan and allow to cook for approx 15 minutes until the mushrooms are cooked.
4. Season the mixture with the vinegar, salt, pepper and a pinch of chili flake.
5. Hold the mixture at 135F - Serve 1/2 cup of the mixture over Whole Grain Pasta

Notes, Tricks & Tips

- For the Herb water - Bring 4 cups of water to a simmer, add 4 sprigs of rosemary, 10 sprigs of thyme, & 12 bay leaves and allow to steep, covered for 10 minutes. Strain the herbs and reserve the herb water for use in recipes.



Serving Size & Crediting

24 - 1/2 cup
provides

1/2 cup total Veg