

Mushroom and Walnut Bolognese

Adapted from Alexa Weibel's Vegan Bolognese

Trust me on this, double this recipe because you will surely want more later in the week ahead.

Ingredients

- 1 cup (100 grams) shelled gently chopped toasted walnuts
- Kosher salt and black pepper
- 1.5 lbs fresh mushrooms (use a combination of shiitake and baby bella)
- olive oil, plus more for serving
- 1teaspoon fennel seeds
- 1 TBL dried porchini powder (optional!)
- 1 TBL teaspoons soy sauce
- 1 TBL teaspoons thick, syrupy balsamic vinegar
- 1 medium yellow onion, finely chopped (about 1 $\frac{1}{3}$ cups)
- 2 medium carrots, peeled and finely chopped (about 1 cup)
- Pinch or two of red pepper flakes
- 3 TBL tomato paste
- 2 TBL White Miso Paste
- $\frac{1}{2}$ - 1 cup prepared vegetable broth
- 1(28-ounce) can crushed tomatoes
- GF Spaghetti cooked until al dente
- fresh basil for serving (optional)

Directions

In a large heavy pot warm oil over medium heat. Add fennel seeds and mushrooms, cooking until golden and tender. Remove and place in a bowl returning the pot to the heat add a splash of oil, onions, carrots cooking also until tender. Add tomato paste stirring well and allowing it to darken a few

minutes. Then combine the walnuts, miso paste, soy sauce, balsamic vinegar, broth, tomatoes, red pepper flakes, oregano, and salt and pepper. Adjust to taste. Turn heat to low, cover and allow to simmer 40 minutes. Add more broth as needed.

Prepare pasta according to directions.

Serve along with sauce.

Enjoy!