

Vegetable Bolognese Recipes



Vegetable Bolognese with Tomatoes and Tofu

Ingredients:

- 1-2 tsp olive oil
- 2 Tbsp thinly sliced green onions
- 1 garlic clove, pressed or minced
- 2 ounces of finely grated tofu (organic, fermented, sprouted if possible)
- ¼ cup finely diced celery
- ½ tsp paprika
- ½ tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp red pepper flakes
- ¾ cup fire-roasted diced tomatoes
- 1 cup vegetable broth, divided in half
- 1 packet Ideal Protein Vegetable Bolognese Spaghetti Mix
- 1 cup zucchini noodles
- Fresh parsley for garnish, optional

Directions:

1. In a large skillet, add oil, garlic and green onions and cook over low heat.
2. Add tofu, celery, paprika, Italian seasoning, salt, pepper, and red pepper flakes.
3. Once tofu starts to turn golden, add tomatoes with ½ cup of the vegetable broth, turning the heat to medium. Cover while cooking the vegetables, stirring occasionally; cook approximately 15 minutes.
4. Sprinkle in IP Vegetable Bolognese Spaghetti Mix and mix well.
5. Add the other ½ of the vegetable broth, stir and cook for about 5 minutes.
6. Plate your zucchini noodles and pour hot Bolognese over the noodles.
7. Garnish with fresh parsley if desired.