



### Directions:

1. In a large skillet, add oil, garlic and green onions and cook over low heat for 1-2 minutes.
2. Add minced mushrooms, celery, paprika, Italian seasoning, salt, pepper, and red pepper flakes.
3. Once mushrooms start to brown, add tomatoes with  $\frac{1}{2}$  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, cauliflower rice and the other  $\frac{1}{2}$  cup of the vegetable broth and cook for an additional 5 to 10 minutes.
5. Garnish with fresh parsley if desired.

### Vegetable Bolognese with Cauliflower Rice

#### Ingredients:

- 1-2 tsp olive oil
- 2 Tbsp thinly sliced green onions
- 1 garlic clove, pressed or minced
- $\frac{3}{4}$  cup minced mushrooms
- $\frac{1}{4}$  cup finely diced celery
- $\frac{1}{2}$  cup cauliflower rice
- $\frac{1}{2}$  tsp paprika
- $\frac{1}{2}$  tsp Italian seasoning
- $\frac{1}{4}$  tsp salt
- $\frac{1}{4}$  tsp pepper
- $\frac{1}{4}$  tsp red pepper flakes
- $\frac{1}{2}$  cup fire-roasted diced tomatoes
- 1 cup vegetable broth, divided in half
- 1 packet Ideal Protein Vegetable Bolognese Spaghetti Mix
- Fresh parsley for garnish, if desired.