

Zucchini Bolognese

- 1 15 oz can cannellini beans, or other beans, rinsed, drained, divided
- 1 1/2 c roughly chopped mushrooms
- 2 T olive oil
- 1 small onion, diced
- 4 cloves garlic, minced
- 1/2 c dry white wine
- 1 14 oz can diced tomatoes, or 2 cups fresh, pureed
- 1/4 c each chopped parsley, basil, divided
- 2 zucchini spiralized into noodles, or peeled into noodles with a vegetable peeler
- sea salt
- pinch of red pepper flakes
- 1/2 c thinly sliced basil
- Parmesan cheese or nutritional yeast to garnish

Using the back of a fork, mash 1/2 cup of beans in a small bowl.

Heat oil in a medium-sized pot over medium-low heat. Add onion, salt and chili flakes. Sauté, stirring occasionally until softened, about 5-7 minutes. Add mushrooms and cook until they start to release liquid. Add garlic and cook, stirring for 30 seconds. Add wine and increase heat to high, boiling until most of the liquid evaporates, about 4 minutes. Add tomatoes and their juices, 2 tablespoons each of chopped parsley and basil, the mashed and the whole beans. Simmer and cook, stirring occasionally until thickened, about 6 minutes. Either stir in zucchini noodles or divide noodles and sauce into 4 plates. Garnish with remaining parsley, basil and Parmesan cheese.

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