

## Olivia Wilde's Bomb-Diggity Bolognese



Photo: Nicole Perry

A comforting bowl of spaghetti bolognese is often what's needed on a chilly Winter day (or any day, really). Loading down on beef, however, can leave you feeling heavy and tired. Solve this problem — and cut back on calories, fat, and cholesterol — with this recipe for vegan bolognese.

We made a batch of this in the office, and the carnivores went just as crazy for the recipe as those who stick to a vegan diet. With all the fresh veggies, herbs, and spices, the bolognese has the flavor of a traditional and homemade sauce, and most tasters were unaware that there was even tempeh in the recipe.

Serve over your favorite pasta or bed of wilted greens.

## INGREDIENTS

|                              |   |
|------------------------------|---|
| 1/4 cup olive oil            | 1 eggplant, peeled and diced                |
| 1/2 medium onion, diced      | 1 carrot, diced                             |
| 3 cloves garlic, minced      | 1 tablespoon fresh basil, chopped           |
| 1/2 cup mushrooms, diced     | 1 tablespoon fresh Italian parsley, chopped |
| 1/2 package tempeh, crumbled | 12 ounces tomato sauce                      |
| 1/4 cup red wine             | 1 teaspoon dried oregano                    |
| 1 teaspoon Earth Balance     | 1 teaspoon dried rosemary                   |
| Salt and pepper              | 1/4 teaspoon red pepper flakes              |
| 1/2 zucchini, diced          |   |

## DIRECTIONS

1. In a large skillet, heat olive oil on medium heat. Saute the onion and garlic for 5 minutes.
2. Add mushrooms and tempeh to the skillet.
3. Add red wine and Earth Balance spread, then add salt and pepper to taste; stir.
4. Add zucchini, eggplant, carrot, basil, and parsley; stir well to combine. Cook 10-12 minutes, until veggies soften.
5. Add tomato sauce, and stir. Sprinkle in oregano, rosemary, and red pepper flakes. Cook another 5 minutes.
6. If sauce is too thick, add more wine or water; cover, and let simmer 15 minutes, stirring occasionally.
7. Remove from heat, and serve over pasta. Garnish with basil and parsley, if desired.

# Nutrition Facts

Serving Size 324 g

## Amount Per Serving

**Calories** 257      Calories from Fat 156

**% Daily Value\***

**Total Fat** 17.3g      **27%**

Saturated Fat 2.8g      **14%**

Trans Fat 0.0g

**Cholesterol** 0mg      **0%**

**Sodium** 477mg      **20%**

**Total Carbohydrates** 19.4g      **6%**

Dietary Fiber 6.7g      **27%**

Sugars 8.3g

**Protein** 8.6g

Vitamin A 13%      •      Vitamin C 34%

Calcium 7%      •      Iron 23%

**Nutrition Grade B-**

\* Based on a 2000 calorie diet

## INFORMATION

### Category

Main Dishes, Pasta

### Yield

4 servings

### Cook Time

60 minutes

**Source: Pop Sugar**