

A plant-based version of the famous Italian pasta sauce with a French twist.

INGREDIENTS

1 onion, diced
1 bell pepper, diced
a dozen crimini mushrooms,
sliced
4-6 garlic cloves, minced
1 hot pepper, crushed
12 oz beef-less ground beef
3 (14oz) cans diced
tomatoes
a splash of red wine
salt and pepper to taste

DIRECTIONS

In a large pot, cook the onion and bell pepper on medium heat.
In a separate pan, sauté the sliced mushrooms.
Once the onions are becoming translucent, add the garlic and hot pepper to the pot. Add the sautéed mushrooms to the pot.
Brown the beef-less beef in the pan used for the mushrooms.
When the onions are soft enough (taste to check), deglaze the pot with a splash of wine.
Add the beef crumbles to the veggie mixture, along with the diced tomatoes, salt, and pepper.
Cover the pot and cook for 20 minutes.
Use an immersion blender to achieve the desired texture, et voilà!

PS: This sauce freezes well, so you can always keep some ready in the freezer for quick meals.