



Vegetarian Bolognese

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 2 Tablespoons extra virgin oil
- ½ white onion, diced
- 2 cloves garlic, minced
- ½ red bell pepper, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 (8 ounce) package mushrooms, diced
- 1 Tablespoon thyme (fresh or dried)
- 1 Tablespoon oregano (fresh or dried)
- 1 (15 ounce) can of tomatoes
- 2 cups cooked whole grain pasta
- ½ cup parmesan, grated
- 1 handful of basil

DIRECTIONS

1. Heat oil over medium heat. Add the onion and garlic and lightly sauté, until translucent and soft.
2. Add the red bell pepper, carrot, and celery, and stir gently. Cook 2 minutes, then add mushrooms.
3. Add the herbs and cook until the vegetables are softened, about 10 minutes.
4. Add the tomatoes and cook until they break apart and start to get saucy. Simmer for about 15 minutes.
5. Serve with cooked pasta and garnish with parmesan and basil.

Nutrition Facts

6 servings per container

Serving size **1 cup**

Amount per serving

Calories 180

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 270mg **12%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **11%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 103mg **8%**

Iron 2mg **10%**

Potassium 479mg **10%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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