



MUSHROOM RAGOUT (VEGAN)

Katie Simmons

INGREDIENTS

20 MINUTES 4 SERVINGS

- 1 pound mushrooms (any mix of Oyster, trumpet, porcini, or any other favorites)
- 1 onion
- 2 carrots
- 1 tablespoon fresh sage, chopped
- 1 tablespoon fresh rosemary, chopped
- Salt and pepper
- 1/2 cup (4oz) tomato paste
- 2 tbsp balsamic vinegar or red wine
- 2 cups water

TAGS

#Italian #vegan #oilfree



1

Gather ingredients



2

Heat a large cast iron pan over high heat. No oil needed. Meanwhile, cut mushrooms, onions, and carrots into large pieces



3

Add mushrooms, onion, carrots, salt, pepper, and herbs in dry pan. Spread into a single layer. Let sear 5-7 minutes. Be patient. Brown tastes good





4

After well-browned on one side, stir and let brown on other side. Continue this until well browned all over, about 15 minutes



5

Push vegetables to the edges of the pan. Place tomato paste in the center and singe (brown) a minute or so. It will darken to a rust color



6

Stir paste in with vegetables



7

Deglaze the pan with balsamic or red wine. Use a wooden spoon to scrape up any bits



8

Add water and garlic. Reduce heat to low and simmer until carrots are tender, just 10 min or so



9

Taste to adjust seasoning. Serve over Butternut Squash Polenta

