



Plant-Based Sausage Bolognese Ragu & Pasta

Lightly spiced vegetable-rich sauce with penne pasta

- 1 Tablespoons olive oil
- 1 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 minced garlic clove
- 2 cups chopped mushrooms
- 1 (14 oz.) package plant based hot Italian style sausage links
- 1-1/2 cups chicken broth or as needed, divided
- 1/2 cup white wine
- 1 teaspoon Italian seasoning
- 1/2 teaspoon ground fennel
- 1/2 cup chive onion cream cheese or dairy substitute
- 2 to 3 cups fresh spinach, torn
- 8 to 12 plain or whole wheat penne pasta, cooked al dente
- Garnish:** fresh basil leaves as desired

1. Place oil in large pan; sauté onions, carrots, and celery to soften about 10 minutes.
2. Add minced garlic and mushrooms. Crumble plant-based sausages removing any casing; sauté over medium to medium high for about 10 minutes. Remove and discard any excess fat from pan.
3. Stir in 1-cup chicken broth and wine. Season with Italian seasoning and fennel. Bring to a boil; reduce heat; simmer for about 10 minutes. Add 1/2 cup broth to pan.
4. Stir in cream cheese until melted; add more broth if needed. Right before serving, stir in spinach; cook several minutes to wilt spinach.
5. To Serve: Place cooked penne in serving dish; top with prepared sauce; garnish with fresh basil leaves as desired.

About the Recipe: Make a quick healthy family dinner Italian Style. This dish is full of Italian flavor from the plant-based Italian sausages, onions, celery, carrots, and spinach. The savory sauce is served with fresh basil and is ladled over Penne pasta.