



White Bolognese Vegetable Pasta

Double vegetable sauce served with kohlrabi vegetable pasta

Pistachio Sauce Seasoning:

- 1 cup unsalted raw pistachios
- 1 cup alkaline ionized water (Cerra water)
- 3 Tablespoons nutritional yeast
- 1/4 teaspoon ground roasted garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup unsweetened oat milk

Directions:

- Place pistachios in a small bowl; add enough hot water to cover the pistachios. Set aside for about 1 to 2 hours to soften; Drain water from pistachios. Set water aside to use later.
- Place pistachios in food processor; pulse to coarse chop. Add nutritional yeast, garlic powder, salt, black pepper, and oat milk. Cover; pulse, then process until mixture is fine chopped and smooth. Scrape down bowl; add 1/4 cup of reserved water or as needed until a desired creamy consistency.
- Place in a container; save until ready to make the sauce.

Vegetable Pasta:

1 to 2 Tablespoons olive oil

1 large onion, peeled, sliced

Salt; ground black pepper as desired

4 ounces fresh shiitake mushrooms, stems removed, sliced

1 (10 ounce) package Kohlrabi vegetable pasta

1 (12 oz.) package ground plant vegetables (beef substitute)

1 cup alkaline ionized water, divided (Cerra water)

2 cups fresh mixed lettuce leaves

2 carrots, sliced; cooked until tender

1/4 cup chopped parsley

Cook Onions and Mushrooms:

Heat oil in 10-inch skillet; add onion slices; sprinkle lightly with salt and black pepper; cover; cook over medium heat, turn occasionally until lightly browned; add sliced mushrooms; cover; continue cooking until onions are golden and mushrooms softened.

Cook the Vegetable Pasta:

Place pasta bag face down in a microwave oven on high power for about 4 to 5 minutes. Remove from microwave, place hot pasta in skillet with mushrooms and onions, toss to combine. Remove from pan to plate to stay warm.

Cook Ground Plant Vegetable Beef Substitute:

Place in the 10-inch skillet, cook over medium heat breaking into small crumbles. Cook until 160 degrees F. temperature and tender. Slowly add about 1/2 cup water until mixture is moistened. Stir in the premade Pistachio Sauce Seasoning; adding remaining water to form a creamy "meat-like" sauce.

Plating the Dish:

Arrange a border of lettuce on the outer edge of plate, Spread the plant vegetable beef substitute sauce in center. Top with the vegetable pasta. Place groups of carrots with the lettuce border. Sprinkle the dish with chopped parsley. Yield: serves: 4

Cook's Note: Save some time and prepare the Pistachio Sauce Seasoning ahead. The kohlrabi pasta was purchased at Trader Joe's.

About the Recipe: Looking for a delicious vegetable dish to serve at a special dinner. This main dish is low on acid but high in nutrition. The Bolognese-like sauce is made with a vegetable beef substitute and flavored with a pistachio sauce seasoning. It's topped with delicious kohlrabi pasta, which is tossed with golden brown mushrooms and onions. Crisp fresh lettuce, sliced cooked carrots, and chopped parsley add the finishing touch. Enjoy!