

Slow Cooked Vegan Ragú

Have a break from meat and try being vegan for a day. This meatless ragu is packed with mushrooms, veggies, pea-based minced and lots of herbs cooked low and slow.

Serve it with your favourite pasta or on top of a jacket potato, however, you eat it it's Delicious!



Serves: 4

Prep Time: 15 minutes

Rest/Marinate Time: 0

Cooking Time: 2 hours

Ingredients

- 200 g wild mushroom mix.
- 400 g pea-based mince.
- 400 g plum tomatoes.
- 1 medium white onion, diced.
- 1 medium carrot, diced.
- 1 medium courgette, diced.
- 1 stick of celery, diced.
- 1 tbsp of tomato puree.
- 400 ml vegetable stock.
- 1 handful of fresh parsley, roughly chopped.
- 1 handful of fresh basil, roughly chopped.
- The leaves of 4 fresh thyme sprigs.
- 1 tbsp of smoked paprika.
- 1 tbsp of dried oregano.
- 1 glass of white wine - ensure it's vegan.
- 1 tsp of soft dark brown sugar.

Method

- Place a casserole dish over a low light and add a good drizzle of olive oil, followed by the vegetables, thyme leaves, season with salt and pepper and slow fry for 25 minutes or till nice and soft but without colouring too much. Stirring it occasionally.
- Once the veggies are nice and soft, take them from the dish and place to one side. Now turn the heat to high and add a drizzle of olive oil, add the mushrooms, leave any small ones whole and brake up any big ones. Cook for 5 minutes, stirring occasionally to make sure it doesn't stick.
- After the 5 minutes remove the mushrooms and add to the veggies. Keeping the heat high and add another drizzle of olive oil, add the mince, season with salt and pepper and cook till browned all over, around 10 minutes. Stirring occasionally to make sure it doesn't stick.
- Once the mince is done return the mushrooms and veggies back to the dish and gives it a good mix. With the heat still on high add the white wine and reduce.
- Turn the heat down and add the oregano, paprika and the tomato puree and cook for 2-3 minutes. Now add the tinned tomatoes, the stock and the brown sugar and mix well.
- Bring to a boil and then reduce to the lowest light and simmer for 1 hour with a lid, but leave a gap. You want the ragu to reduce to a nice thick sauce. Stir it every so often.

- Season to taste and add the freshly chopped herbs, mix and then serve.