



Spicy Mushroom Ragu with Holista Pasta

Recipe courtesy of La Bodega Del Cuervo, Chef Raquel DeHoyos

Ingredients

2 tablespoons olive oil
1 large sweet yellow onion, diced small
1# brown cremini mushrooms, diced
5 large cloves garlic, minced
2 tablespoons tomato paste
2 tablespoons La Bodega Del Cuervo
pizza seasoning or Italian herb seasoning
1- 28 oz can fire-roasted whole tomatoes

1 cup fire-roasted red bell peppers, diced
3 tablespoons balsamic vinegar
1 teaspoon crushed red chili flakes
½ teaspoon salt
3 large sprigs of fresh basil, chopped
½ pack of Holista low glycemic spaghetti
pasta

Yields: 4-6 servings

Instructions

In a large non-stick pan, warm olive oil over medium heat. Add in diced onion and sauté until just softened. Add in diced mushrooms and continue cooking for about 6-7 minutes or until the mushrooms release a little of their juices. Follow with minced garlic and cook until just barely fragrant.

In a separate bowl, break up whole tomatoes with your hands just until still chunky but not large pieces. Add tomato paste and pizza seasoning to the sauteing onion and mushroom mix.

Continue sauce by adding tomatoes, diced red bell peppers, balsamic vinegar and remaining chili flakes and salt. Simmer for about 5 minutes. Sauce should be chunky, and mushrooms should retain their texture. Mix in basil just before serving over pasta.

For the pasta, bring a large pot of cold, salted water to a boil then add half the package, cooking about 3 minutes or until al dente. Drain and top with mushroom ragu. Any remaining ragu makes a great base for a homemade pizza!