

Eggplant Bolognese

Thanks to Karen Bouchard for giving me the idea for this recipe!

Ingredients:

2 Tbs extra virgin olive oil
1 onion diced
Salt and pepper
2 cups of your choice of protein (i.e....cubed tofu, ground seitan, ground sirloin, TVP, etc...) (pre cook the meat, pre-soak the TVP)
4 cups chopped eggplant
4 cloves of garlic chopped
1 Tbs tomato paste
¼ cup red wine
2 tsp red wine vinegar
1 tsp sugar
16 oz chopped tomatoes
Fettuccine pasta
¼ cup fresh basil leaves chopped
2 Tbs chopped fresh oregano
6 whole basil leaves for garnish
Shredded parmesan cheese

Preparation:

Cook pasta, drain, rinse, and set aside.

In a large sauce pan heat the olive oil and add the onion, a few pinches of salt, and about ¼ tsp black pepper. If using tofu or seitan add at this time. Add eggplant and garlic and a little more salt and cook while stirring occasionally for about 15 minutes or until eggplant is tender and cooked through. Add tomato paste, chopped oregano, and wine and stir making sure not to let anything stick to pan. Add tomatoes (and TVP or cooked meat if using) and bring to a boil, reduce heat, and simmer for 10 minutes stirring occasionally. Add red wine vinegar, sugar, and taste. Adjust salt and pepper as necessary. Add basil leaves and turn off heat.

Add fettuccini to sauce pan and toss around in sauce. Serve onto plates and put extra sauce on top and chunks of eggplant. Garnish with fresh basil leaves and shredded parmesan cheese.

Enjoy!