

Chunky Mushroom Ragu'

Victoria Abbott Riccardi

Vegetarian Times Magazine - January 2010

Start to Finish Time: 30 minutes

2 tablespoons olive oil

1 medium red onion, chopped

1 tablespoon dried Italian herb seasoning

6 cups mixed mushrooms (buttons, portobello, shitakes), sliced

6 cloves (2 tablespoons) garlic, minced

1/4 cup white wine

2 cups mushroom broth

1 tablespoon low-sodium soy sauce

1/4 cup fresh parsley, chopped

Heat the oil in a skillet over medium heat.

Add the onion and Italian seasoning. Saute' for 6 minutes.

Stir in the mushrooms and garlic. Saute' for 10 minutes or until the mushrooms begin to brown.

Add the wine. Cook 2 minutes or until most of the wine has evaporated.

Stir in the broth and soy sauce. Simmer 6 minutes more.

Season with salt and pepper, if desired.

Stir in the parsley just before serving.

Yield: 3 cups

Per Serving (excluding unknown items): 381 Calories; 27g Fat (69.5% calories from fat); 4g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 619mg Sodium. Exchanges: 4 Vegetable; 5 1/2 Fat.