



ITALIAN RECIPE



VEGAN WHITE BOLOGNESE WITH ARTICHOKES



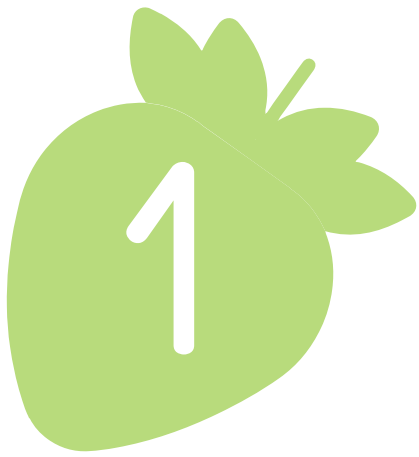


INGREDIENTS

FOR 4 SERVINGS

- 🍓 320 g (11.3 oz) of short pasta
- 🍓 200 g (7 oz) of granulated soy
- 🍓 6 artichoke hearts
- 🍓 2/3 medium carrots
- 🍓 2 stalks of celery
- 🍓 1 medium golden onion
- 🍓 1 l of vegetable broth
- 🍓 vegan white wine, as needed
- 🍓 4/5 bay leaves
- 🍓 1 clove of garlic
- 🍓 extra virgin olive oil, as needed
- 🍓 fresh parsley, as needed





PROCEDURE

Start by preparing the soy ragù: rehydrate the soy in lukewarm water for about twenty minutes. In the meantime, prepare the vegetable broth. After this time, drain the soy and set it aside.





COOKING THE RAGÙ

Prepare the sautéed mixture of finely chopped vegetables for the ragù by chopping carrots, celery, and onion, then sauté them in extra virgin olive oil. Add soy, bay leaves, and spices (optional) for a more intense flavor. Simmer with white wine until reduced and add vegetable broth. Cook for 40 minutes, adding broth as necessary. Remove the bay leaves before serving.





PREPARING THE ARTICHOKES

Clean the artichokes by removing the outer leaves and the fuzz, cut the hearts into strips. Place them in water and lemon to prevent them from blackening. Sauté a clove of garlic in oil, then add the artichokes. Add vegetable broth and cook until the artichokes are tender. Season with salt if necessary and add parsley.





PREPARING THE PASTA

Cook the pasta and put aside some of the cooking water. Combine everything in a pot: pasta, soy ragù, and artichokes, and mix by adding some of the pasta's cooking water. Serve, add a bit more fresh parsley, and the pasta is ready!





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