

Mushroom Sugo



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



210 min.

SERVINGS



8

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 ounce porcini mushrooms dried
- ☐ 4 Tbsp olive oil extra-virgin
- ☐ 2 medium onions yellow minced peeled (yielding 2 cups onion)
- ☐ 2 carrots minced peeled
- ☐ 3 celery minced (yielding)
- ☐ 6 cloves garlic minced peeled
- ☐ 0.5 teaspoon rosemary fresh minced
- ☐ 0.3 teaspoon thyme leaves fresh

- ☐ 0.3 teaspoon marjoram fresh (we didn't have marjoram growing so we used oregano instead, which has a similar flavor)
- ☐ 0.5 cup cooking wine dry red
- ☐ 15 ounce tomato sauce canned
- ☐ 1 beef bouillon cubes for vegetarian option (use vegetable bouillon cube)
- ☐ 1 bay leaf
- ☐ 8 servings pepper black freshly ground
- ☐ 1 bunch parsely loosely packed minced (yielding)
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Equipment

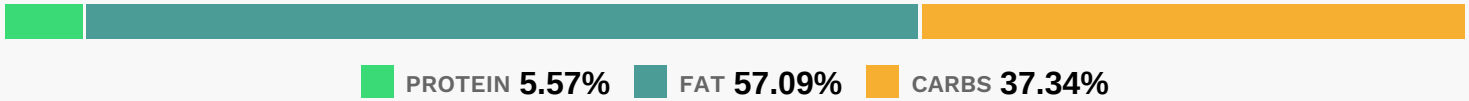
- ☐ bowl
- ☐ pot
- ☐ measuring cup

Directions

- ☐ Place dry mushrooms to soak in a bowl with 2 cups of warm water. Set aside.
- ☐ Slowly cook minced onions until deep golden:
- ☐ Heat olive oil in a medium, thick-bottomed pot (4 or 5 quart) over medium heat.
- ☐ Add the minced onions and stir to coat with the olive oil.
- ☐ Cook, stirring occasionally, until the onions turn a deep golden color, about 30 to 40 minutes. Adjust the heat lower if necessary to keep the onions from drying out.
- ☐ Add the minced carrots and cook for 5-6 more minutes.
- ☐ Add the celery and cook until soft, about 10 more minutes.
- ☐ Add the garlic, parsley, rosemary, thyme and marjoram. Cook for 4-5 minutes more.
- ☐ Remove the porcini from the soaking liquid, reserving the liquid. The easiest way to do this we found is to pour the porcini and soaking liquid through a coffee filter, into a bowl or measuring cup. This helps remove any grit that may be lingering in the soaking liquid.
- ☐ Finely chop the mushrooms and add to the vegetables in the pot.
- ☐ Add wine: Push the vegetables to one side of the pot and increase the heat to high.

- ☐ Add the 1/2 cup of red wine to the side of the pot without the vegetables and cook on high heat for 2–3 minutes.
- ☐ Add remaining ingredients and simmer:
- ☐ Add the tomato sauce, 1 1/2 cups of the mushroom soaking liquid, the bouillon cube (break it up with your fingers as you add it), and the bay leaf to the pot.
- ☐ Bring to a simmer and reduce the heat to low.
- ☐ Add ground black pepper to taste. Cover the pot and simmer, stirring occasionally, for 1 1/2 hours. Discard the bay leaf.
- ☐ Serve over polenta or toss with ravioli or other pasta.

Nutrition Facts



Properties

Glycemic Index:36.23, Glycemic Load:2.19, Inflammation Score:-9, Nutrition Score:8.2669564926106%

Flavonoids

Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg, Petunidin: 0.5mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg, Malvidin: 3.94mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg, Catechin: 1.15mg Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg, Epicatechin: 1.6mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg, Quercetin: 5.75mg

Nutrients (% of daily need)

Calories: 120.45kcal (6.02%), Fat: 7.4g (11.39%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 8.67g (3.15%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 350.79mg (15.25%), Alcohol: 1.58g (100%), Alcohol %: 1.59% (100%), Protein: 1.63g (3.25%), Vitamin A: 2790.05IU (55.8%), Copper: 0.27mg (13.54%), Vitamin E: 1.89mg (12.58%), Manganese: 0.21mg (10.5%), Vitamin B5: 1.03mg (10.34%), Vitamin C: 7.64mg (9.26%), Potassium: 316.01mg (9.03%), Fiber: 2.22g (8.88%), Vitamin B6: 0.17mg (8.5%), Vitamin K: 8.52µg (8.11%), Vitamin B3: 1.23mg (6.16%), Vitamin B2: 0.1mg (5.86%), Folate: 19.37µg (4.84%), Magnesium: 18.25mg (4.56%), Iron: 0.78mg (4.34%), Phosphorus: 42.13mg (4.21%), Selenium: 2.44µg (3.48%), Vitamin B1: 0.05mg (3.4%), Zinc: 0.5mg (3.35%), Calcium: 24.76mg (2.48%)