

Dinner

Super Simple Meatless Bolognese

10 Mins
Prep Time

10 Mins
Cook Time

4-6
Servings

 **290** Calories **7g** Fat **48g** Carbs **11g** Protein



Ingredients

 **4-6 Servings** • **¼ Cup Pasta + ¼ Cup Sauce** Serving Size

 **20 Mins** Total Time

 **Allergens:** Gluten, FODMAPs

2 Tbsp Extra Virgin Olive Oil

1 Yellow Onion, diced

2 Cloves Garlic, minced

½ Tsp Paprika

1 Tsp Italian Seasoning

⅛ Tsp Red Pepper Flakes

2 Cups Riced Cauliflower 

2 Cups Cooked Pinto Beans 

2 Cups Store Bought Tomato Sauce 

Salt and Pepper, to taste

1 Box Whole Grain Penne Pasta

Allergen Swap

Gluten Use gluten-free pasta

FODMAPs Omit garlic and onion; omit cauliflower

Nourishment Note

Cauliflower

Cauliflower is a cruciferous vegetable. Cruciferous vegetables are power-packed with a variety of minerals, vitamins, and antioxidants all important in lowering inflammation and preventing different illnesses, including cancer. Cauliflower also contains folate, a nutrient important for those with RA as certain drugs increase folate needs.



Pinto Beans

Pinto beans contain polyphenols, compounds that may help prevent certain forms of cancer. They are also an adequate source of fiber, an important nutrient that may help lower the risk of heart disease.



Tomato Sauce

Tomatoes are rich in antioxidants, particularly lycopene. Lycopene has been shown to reduce the risk of heart disease, a condition common in those with RA. Tomatoes are also rich in folate, an important nutrient for those with RA, as certain types of drugs increase folate needs.



Instructions

1. Heat Oil, Onion, Garlic, & Spices

Heat a medium sauce pan over medium-high heat. Add extra virgin olive oil, onion, and garlic. Cook for 1-2 minutes. Add the spices and continue cooking until the onions begin turning clear in appearance.

2. Cook Cauliflower & Beans, Mash, & Add Sauce

Add the riced cauliflower and beans to the pan. Allow to cook for 3-5 minutes, until the cauliflower becomes soft. Mash the mixture with the back of a large spoon or a potato masher, until ingredients form a thick, paste-like texture. Add the tomato sauce, and mix ingredients together until well blended. Allow the sauce mixture to simmer.

3. Prepare Pasta

While the sauce is cooking, prepare the pasta according to directions.

4. Combine & Serve

Serve the sauce over the pasta.

Recipe adapted from oneingredientchef.com

What You'll Need



Cutting Board



Knife



Measuring Cups



Measuring Spoons



Mixing Spoon



Large Sauce Pot



Medium Sauce Pot



Colander



Potato Masher

RA Cooking Tips

- Use pre-diced onion to decrease food preparation and minimize hand strain.
- Use a garlic press instead of chopping the garlic to decrease food preparation time and minimize hand strain.
- Use frozen, riced cauliflower instead of making your own. Allow to thaw slightly before adding to the dish.
- Use an immersion blender to combine the cauliflower and beans to minimize hand strain.
- Use bean pasta, such as Banza®, to increase the fiber and protein content of the dish. Bonus: bean pasta cooks quicker than normal pasta, saving you more time!