

Dinner

# Vegetarian Pappardelle with Mushroom Walnut Ragu

**15 Mins**  
Prep Time

**25 Mins**  
Cook Time

**4**  
Servings

**445 Calories** **17g Fat** **57g Carbs** **17g Protein**



## Ingredients

**4 Servings** **40 Mins Total Time** **Allergens: Nuts, Gluten**

1/3 Cup Walnuts

16 oz. Baby Bella Mushrooms

2 Tbsp Extra Virgin Olive Oil

1 Large Shallot, chopped

2 Cloves Garlic, chopped

1 Tbsp Tomato Paste

1 28 oz. Can Whole Peeled Tomatoes

2 Tsp Italian Seasoning

1 Pinch Red Pepper Flake

1 8.8 oz. Package Pappardelle Pasta

Salt and Pepper, to taste

1/4 Cup Parsley, chopped, for garnish

### Allergen Swap

**Nuts** Try using sunflower seeds or omit nuts.

**Gluten** Swap gluten-free pasta for the traditional pappardelle.

### Nourishment Note



#### Mushrooms

Mushrooms are rich in antioxidants, like selenium, vitamin C and choline. Antioxidants can help prevent oxidative stress, lowering inflammation in the body.



#### Walnuts

Walnuts are one of the few plant-based sources of omega-3 fatty acids. These types of fats are important for heart and brain health, as well as reducing inflammation within the body.



#### Tomatoes

Tomatoes are rich in the antioxidant lycopene. Lycopene has been linked to improved skin health, as well as lowering the risk of heart disease and certain types of cancers.

## Instructions

### 1. Chop Walnuts & Mushrooms

Bring a large pot of water to boil. While water is heating, pulse the walnuts in the food processor until finely chopped. Place in a small bowl and set aside. Pulse half the mushrooms (8 oz.) in the food processor until finely chopped. Slice the remaining mushrooms.

### 2. Heat Walnuts, Shallots & Mushrooms

Heat olive oil in Dutch oven over medium-high heat. Add the walnuts, cook, stirring occasionally, until toasted, about 2 minutes. Add the shallots and finely chopped mushrooms. Cook, stirring occasionally, until the moisture has left the mushrooms, about 5 minutes. Season with salt and pepper.

### 3. Cook Mushroom & Shallot Mixture

Cook mushroom and shallot mixture for an additional 2-3 minutes, until mushrooms are browned. Add the sliced mushrooms and garlic and cook until softened.

### 4. Cook Sauce

Stir in the tomato paste and cook for 1 minute. Add the crushed tomatoes and  $\frac{1}{2}$  cup water to the Dutch oven. Break up any large tomatoes with a spoon. Sprinkle in the Italian seasoning and pinch of red pepper flakes. Bring sauce to a simmer. Cook, stirring occasionally, until the sauce slightly thickens, about 10 minutes.

### 5. Cook Pasta, Assemble Dish & Serve

Based on the cooking time of your noodles, add the pasta to boiling water while sauce thickens. Cook according to label directions. Using tongs, transfer the cooked pasta to the sauce. Toss until pasta is well coated. Plate, sprinkle with fresh parsley, serve and enjoy!

Recipe adapted from:  
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## What You'll Need



Food Processor



Small Bowl



Knife



Cutting Board



Measuring Spoons



Measuring Cup



Dutch Oven



Mixing Spoon



Large Pot



Tongs

### PD Cooking Tips

- Pre-chopped onions can be substituted for shallot. Pre-chopped onions can often be found in the produce section or frozen foods section of the grocery store.
- Purchase pre-chopped garlic.
- Purchase pre-chopped mushrooms.