

Eggplant Bolognese

Savannah · 28/09/2024



Prep Time

1 hr 15 mins

Difficult

Medium

Servings

6

Description

Italian recipes are my favorite especially when eggplant is included This is a hearty bolognese and a paleo recipe that is prepared in one pot You can add any of your favorite vegetables such as peppers or zucchini You serve over spaghetti squash zucchini noodles or your favorite pasta Enjoy

Ingredients

- - ¼ cup olive oil
- divided - 3 links pork sausage
- casings removed - ½ pound ground beef - 2 pounds eggplant
- peeled and chopped - 1 small yellow onion
- chopped - 3 cloves garlic
- minced - 1 ½ teaspoons sea salt - ¾ teaspoon freshly ground black pepper - 1 (8 ounce) package sliced fresh mushrooms - 1 (28 ounce) can crushed tomatoes - 1 (12 ounce) can petite diced tomatoes - 1 teaspoon dried parsley - 1 teaspoon dried oregano - 1 ½ teaspoons dried basil

Instructions

1. Heat 2 tablespoons olive oil in a large Dutch oven over medium heat; cook pork sausage
2. breaking it onto smaller pieces with a wooden spoon
3. until browned
4. about 5 minutes. Add ground beef; cook and stir until beef is browned and crumbly
5. about 5 minutes. Drain excess fat. Pour remaining olive oil over sausage mixture; add eggplant
6. onion
7. garlic
8. salt
9. and black pepper. Cook and stir until lightly browned
10. about 10 minutes. Add mushrooms and continuing cooking until tender
11. about 5 minutes. Mix crushed tomatoes
12. diced tomatoes
13. parsley
14. oregano
15. and basil into sausage mixture; bring to a boil. Cover Dutch oven
16. reduce heat to medium-low
17. and simmer for 30 minutes. Cook's Note You can substitute ground pork for the sausage
18. or you can make this meatless by omitting the meat and adding peppers and zucchini to make it extra hearty.