

## Mushroom Bolognese Pasta Sauce

2-3 tablespoons olive oil

3-5 cloves garlic

1 medium red onion

2 carrots, trimmed, scraped and cut into 4 -5 pieces

2 stalks celery, trimmed, strings removed and cut into 4 -5 pieces

1 lb white mushrooms, or a mixture of various mushrooms, cleaned with damp cloth and bottoms trimmed.

1 cup vegetable, chicken or beef broth (defatted)

? teaspoon dried sage, pepper to taste

A food processor makes this very easy to prepare. If you hand chop, you burn up half the calories preparing it. Chop the garlic and onion very finely in a food processor. Heat the oil and sauté while you chop the carrots and celery, again very finely. Add to the pan. Continue sautéing while you quarter the mushrooms. Chop them, also finely. Add to the pan. Add the sage and a few grinds of pepper. Sauté, adding about a 1/3 cup of the broth at a time. Let the broth absorb before adding more. Depending on the broth you use, you probably won't need salt. This is a very forgiving dish. It needs 20 – 30 minutes on a low flame but sometimes I leave it on simmer for longer.

Optional additions: A few tablespoons of feta cheese or canned or fresh tomatoes