

Zucchini Bolognese

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This recipe was giving to me YEARS ago by a neighbor!

Serves 4

Blue – 9

Purple – 3 (if you use whole wheat noodles)

Green – 9

- 1 Tbsp olive oil
- 1 onion, chopped
- 5 medium zucchini, chopped
- 1/2 cup water
- 1 chicken bouillon cube
- 8 oz rigatoni or penne
- juice of 1/2 lemon
- 1 cup parmesan cheese, grated
- pinch red pepper flakes

1. In a large pot or dutch oven over medium heat, heat olive oil. Add onion and cook until soft, about 6 minutes. Stir in zucchini, water and bouillon cube. Season with salt and pepper
2. Reduce heat to low and cover pot. Cook 4 hours, stirring often, until the zucchini is falling apart (it will be mushy, and that's good!)

3. What the sauce is almost ready, bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Drain. Season sauce with salt and pepper, then stir in lemon juice, Parmesan and red pepper flakes. Serve immediately.

Main Course

One Skillet Meal, pasta