

## Mushroom Bolognese

Need a quick and easy weeknight meal? This Paleo Mushroom Bolognese is a lighter, grain-free version of traditional Bolognese with spiralized zucchini. The best part? It's made in a fuss-free crockpot!

### *Salad:*

1 lb grass-fed beef or turkey  
½ cup diced celery  
½ cup white onion  
1 T extra virgin olive oil  
2 T red wine vinegar  
½ cup organic vegetable broth  
1 15-oz jar diced tomatoes, no salt added  
1 8-oz jar tomato paste  
¼ cup baby portobellos, chopped  
¼ cup white mushrooms, chopped  
¼ cup cremini mushrooms, chopped  
1 T Italian seasoning  
½ t crushed red pepper flakes  
Salt and pepper, to taste  
¼ cup red wine (optional)  
2 zucchini, spiralized  
Fresh basil, for serving



### *Directions:*

- 1 In a crockpot, add extra virgin olive oil, meat, red wine vinegar, diced tomatoes, tomato paste, vegetable broth, celery, onion, Italian seasoning, crushed red pepper flakes, salt, pepper and red wine as desired.
- 2 Turn crockpot on high. With a wooden spoon, break up the meat. Cook 1.5 hours on high until onions and celery are softened.
- 3 Add baby portobellos, white and cremini mushrooms to the crockpot. Cook another 1-1.5 hours until the mushrooms are fully cooked.
- 4 Serve immediately over spiralized zucchini and top with fresh basil.