

Mushroom & Carrot “Osso Buco”

Serves: 4 | **Prep Time:** 20 minutes | **Cook Time:** 45–60 minutes

Lauri Barnabo | Wild Plant Kitchen

A cozy Italian classic made plant-based!

This vibrant vegan Osso Buco captures the comforting, slow-simmered richness of the original — no beef required. Earthy cremini or portobello mushrooms and tender carrots simmer gently in a fragrant tomato-wine sauce, finished with a bright sprinkle of lemon zest and parsley.

It's hearty, wholesome, and elegant enough for a dinner party, yet easy enough for a weeknight.

Ingredients

Main Dish

- 2 Tbsp veggie broth, water, wine (lower fat) or olive oil to sauté
- 1 large onion, diced
- 3 cloves garlic, minced
- 3 medium carrots, cut into 1-inch chunks
- 16 oz cremini mushrooms, halved or quartered (or chopped Portobellos)
- 1 cup celery, sliced
- 1 cup dry red (my fave!) or white wine (*or sub vegetable broth*)
- 1 can (14 oz) crushed tomatoes
- 1 ½ cups (360 ml) vegetable broth
- 1 Tbsp tomato paste
- 1 tsp fresh thyme leaves (*or ½ tsp dried*)
- 1 tsp minced fresh rosemary (*or ½ tsp dried*)
- 1 bay leaf
- ½ tsp salt (adjust to taste)
- Freshly ground black pepper to taste
- Optional: Freshly chopped parsley and lemon zest for garnish

For Serving

- Creamy polenta, mashed potatoes, or vegan risotto

Instructions

1. **Sauté the aromatics**

Heat water, broth, wine or olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Add onion and cook until translucent, about 5 minutes. Add garlic and cook for another 30 seconds until fragrant.

2. **Add the vegetables**

Stir in carrots, celery, and mushrooms. Cook for 8–10 minutes, stirring occasionally, until the mushrooms begin to release their juices and brown lightly.

3. **Deglaze**

Pour in the white wine (if using) and simmer for 2–3 minutes, scraping up any brown bits from the bottom of the pan.

4. **Build the sauce**

Add crushed tomatoes, tomato paste, vegetable broth, thyme, rosemary, bay leaf, salt, and pepper. Stir to combine.

5. **Simmer**

Bring to a gentle simmer, cover partially, and cook for 30–40 minutes, or until carrots are tender and the sauce has thickened. Stir occasionally.

6. **Adjust & finish**

Remove the bay leaf and taste for seasoning. Adjust salt and pepper as needed.

7. **Serve**

Spoon the vegetables and sauce over creamy polenta, mashed potatoes, or risotto. Sprinkle with parsley and lemon zest, if using, just before serving for a bright, fresh touch.

Tips for the Best Flavor

- **Boost umami:** Add 1 Tbsp soy sauce or balsamic vinegar for deeper richness.
- **Make it heartier:** Add chunks of parsnip or fennel along with the carrots.