

Bolognese Pasta

(Weeknight Insta-Pot)

Here's your **Easiest Ever Pasta Bolognese** with **PCOS-friendly, gluten-free, vegan, vegetarian, and carnivore adaptations!**

Vegan & PCOS-Friendly Pasta Bolognese

✓ Blood sugar-friendly ✓ Dairy-free ✓ Plant-based

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 1 lb plant-based ground meat, cooked lentils, or crumbled tempeh
- ✓ 2 tsp each garlic powder + dried oregano + kosher salt
- ✓ 1 (24 oz) jar low-sugar tomato sauce (Rao's or homemade)
- ✓ 3 cups boiling water
- ✓ 1 lb **chickpea or lentil pasta** (for protein & fiber)
- ✓ ¼ cup cashew cream or unsweetened coconut yogurt (for creaminess)
- ✓ Nutritional yeast or dairy-free parmesan for topping

Instructions:

- 1 Sauté plant-based protein with olive oil, garlic powder, oregano, and salt for **5 minutes**.
- 2 Stir in tomato sauce and boiling water, then add pasta. Mix well.
- 3 Pressure cook on high for **5 minutes**, then natural release for **5 minutes** before venting.
- 4 Stir in cashew cream and serve with nutritional yeast.

PCOS-Friendly Tips:

- **Choose a high-protein pasta** like lentil, chickpea, or edamame for blood sugar balance.
- **Skip refined carbs** and serve over cauliflower rice or zucchini noodles.
- **Add leafy greens** like spinach or kale for hormone support.

Vegetarian & PCOS-Friendly Pasta Bolognese

✓ Blood sugar-friendly ✓ Vegetarian ✓ Creamy & satisfying

Ingredients:

- ✓ 2 tbsp olive oil
- ✓ 1 lb crumbled tempeh, cooked lentils, or mushrooms
- ✓ 2 tsp each garlic powder + dried oregano + kosher salt
- ✓ 1 (24 oz) jar low-sugar tomato sauce
- ✓ 3 cups boiling water
- ✓ 1 lb **chickpea or lentil pasta** (or whole wheat)
- ✓ ¼ cup full-fat Greek yogurt or ricotta
- ✓ Grated parmesan or pecorino for topping

Instructions:

- 1 Sauté plant-based protein with olive oil and seasonings for **5 minutes**.
- 2 Add tomato sauce, boiling water, and pasta. Stir well.
- 3 Pressure cook on high for **5 minutes**, then natural release for **5 minutes** before venting.
- 4 Stir in Greek yogurt or ricotta and serve with parmesan.

PCOS-Friendly Tips:

- **Greek yogurt over sour cream** for gut health and protein.
- **Lentils or tempeh** provide fiber and help with insulin sensitivity.
- **Top with pumpkin seeds or walnuts** for healthy fats.

Carnivore & PCOS-Friendly Pasta Bolognese

✓ High-protein ✓ Low-carb option ✓ Nourishing

Ingredients:


- ✓ 2 tbsp olive oil
- ✓ 1 lb **grass-fed beef, turkey, lamb, or sugar-free sausage**
- ✓ 2 tsp each garlic powder + dried oregano + kosher salt
- ✓ 1 (24 oz) jar **low-sugar tomato sauce**
- ✓ 3 cups boiling water
- ✓ 1 lb **chickpea/lentil pasta or spaghetti squash**
- ✓ ¼ cup heavy cream or full-fat Greek yogurt
- ✓ Grated parmesan or pecorino for topping

Instructions:

- 1 Sauté **ground meat** with olive oil and seasonings for **5 minutes**.
- 2 Add tomato sauce, boiling water, and pasta. Stir well.
- 3 Pressure cook on high for **5 minutes**, then natural release for **5 minutes** before venting.
- 4 Stir in heavy cream or Greek yogurt and serve with parmesan.

PCOS-Friendly Tips:

- **Swap pasta for spaghetti squash or zucchini noodles** for a lower-carb option.
- **Opt for grass-fed or pasture-raised meats** to avoid hormones.
- **Use bone broth instead of water** for gut and hormone health.

✨ Which version will you try first? Let me know!  #PCOSFriendly #EasyMeals