

Vegan Spaghetti Bolognese



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Total time: 40 min

Preparation: 10 min

Cooking: 30 min

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Serves: 6

Category: Hot Meals

Level: Easy

Ingredients

- 1 each Brown Onion, diced
- 2 each Garlic Cloves, crushed
- 3 cup Finely Chopped & Grated Vegetables *(see notes)
- 1 cup Vegan Beef Stock Liquid e.g. Massels
- 1 unit Tomatoes, canned
- 0.3 cup Tomato Paste
- 1 tsp Paprika
- 1 tsp Dried Rosemary
- 1 tsp Dried Thyme
- 1 tsp Dried Basil
- 5 each Dried Bay Leaves
- 2 tbsp Soy Sauce or Tamari
- 1 tbsp Vegan Worcestershire Sauce e.g. Woolworths or Spring Gully
- 1 tbsp Maple Syrup or Brown Sugar
- 1 cup Lentils, canned, drained & rinsed
- 0.5 cup Textured Vegetable Protein (TVP), dry
- 1 unit Spaghetti, packet
- 1 unit Vegan Parmesan or Fresh Herbs e.g. basil to serve
- 1 tbsp Olive Oil

Recipe

1. Boil the jug, add dry TVP to a medium sized bowl, cover with boiling water and set aside.
2. Dice onion and fry in a small amount of oil (e.g. olive oil) in a large, non-stick pan until translucent, on medium to hot heat. Add minced garlic and fry for 30 sec.
3. Add in the finely chopped and grated vegetables and beef stock. Cook for 3-5 minutes.
4. Add in the remaining ingredients, along with salt & pepper. Mix & reduce heat to a simmer for 15 - 20 minutes, mixing often.
5. Once reduced, cook the spaghetti according to the packet instructions.
6. Pick out the 5 bay leaves from the sauce, taste sauce and add in additional seasoning if required.
7. Serve the bolognese sauce over the spaghetti and top with vegan parmesan or fresh herbs if desired.

Full description

A twist on a classic recipe kids love, with a few hidden extra veggies. The vegan protein source is textured vegetable protein (tvp, soy) or/ & lentils (canned).

Thanks to Peace with Plants for the recipe: <https://peacewithplants.com/vegan-spaghetti-bolognese/>

Variations

Finely Chopped & Grated Vegetables: e.g. 1 carrot, 1 zucchini, finely chopped broccoli and cauliflower.