



Vegan Spaghetti Bolognese

Ingredients (serves 10)

- 300 g soy granules
- 1100 ml vegetable stock
- 3 onions
- 3 cloves of garlic
- 500 g carrots
- 250 g celery (bulb)
- 8 tbsp olive oil
- 5 tbsp tomato paste
- 2.5 tsp raw cane sugar
- 5 tbsp italian herbs (dried)
- 5 tbsp soy sauce
- 1250 g tomato pieces
- Salt
- 10 stalks basil
- 1250 g spaghetti

Also good with

- Pasta seasoning as substitute for parmesan cheese



Preparation

1. Pour $\frac{3}{4}$ of the boiling vegetable stock over soy granules, cover and soak for about 10 minutes until the stock is completely absorbed. Peel the onion, garlic, carrots and celery and dice finely.
2. Fry the soy in olive oil for approx. 5 min over high heat, stirring. Add vegetables, tomato paste, sugar, Italian herbs. Fry for approx. 5 min, season with soy sauce and pepper. Then add the remaining stock and the tomatoes and simmer for about 10 minutes, stirring several times, adding a little more water if necessary. Season the sauce with salt and pepper.
3. Wash, dry and chop the basil. Cook the spaghetti in salted water for about 10 minutes, drain and serve with the Bolognese sauce and basil.

Pasta seasoning, selfmade

Roast 200 g almonds or cashews until golden, then mix with 5 tbsp breadcrumbs, couscous or fine bulgur, 12 tbsp yeast flakes, 2 tsp ital. (instead of a food processor: use ground almonds and breadcrumbs or put roasted almonds in a freezer bag and crush almonds with a stone). Fill powder into screw-top jar. Keeps in a cool place for several weeks.



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<https://meinbdp.de/display/bula22/Rezepte>