

Vegan spaghetti Bolognese



Bolognese sauce ingredients

200g smoked tofu, onion, green pepper, few mushrooms, garlic clove, 400g tin tomatoes, 1 tbsp tomato ketchup, a good pinch of dried herbes de Provence, cooking oil.

Preparation

1. Mince the tofu in blender.
2. Prepare the vegetables.
3. Sauté tofu, garlic and onions.
4. When onions begin to soften add green pepper and continue to sauté for 3-5 minutes.
5. Add the rest of the ingredients, seasoning to taste and simmer for about 20 minutes until sufficient liquid has evaporated for it to be a spaghetti sauce.

Serves 4-6