



Vegetarian Spaghetti Bolognese Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

3 tbsp Olive oil
3 cloves of Garlic, finally chopped
1 Onion, chopped
1 Red Capsicum(Bell pepper), chopped
1 Carrot, grated
1 Zucchini, chopped with skin
300 gm Mushrooms, canned or fresh
800 gms chopped canned tomatoes
2 Bayleaves
1 tbsp Chilli powder
1 tsp Light soy sauce
1 tsp Oregano
2 tsp Basil
5 tbsp thick tomato paste
1 cup Soya chunks, blended into powder
Salt to taste

Instructions

First, before you start, take the powdered soya in a small saucepan. Add hot boiled water till the powder is completely immersed. Add a tsp of olive oil and set aside.

Heat 3 tbsps of olive oil in a large pan. Fry garlic for about half a minute and then add onions. Fry till the onions turn translucent. Add all the vegetables, capsicum, carrot, zucchini, mushrooms and tomatoes. fry for 2 to 3 minutes.

Then stir in the bay leaves and cilli powder. Keep it on low to medium heat.

Add the rest of the ingredients, the prepared soya along with the water, tomato paste, soy sauce, oregano, basil and salt to taste.

Simmer and cook till all the vegetables are soft and done and the sauce has reduced to the required thick consistency.

Vegetarian Bolognese Sauce is ready. Serve pasta with large ladlefuls of sauce and sprinkle generously with grated parmesan or cheddar cheese. Enjoy!

Storage;

Can be kept for 3 days covered and refrigerated. It also freezes well for up to 1 month.