

Week 2: Diet

Tuesday: Vegan Bolognese



You can not imagine a life without Spaghetti Bolognese? No problem, as a vegan you do not have to go without the italian classic. Instead of ground meat you can use tofu, soy granules or even lentils. This recipe is made with soy granules. Enjoy and bonne appetit!

Ingredients for 2 people:

- 250 g Spaghetti
- 100 g soy granules
- 500 ml vegetarian stock
- 3 carrots
- 1 onion
- 1 garlic clove
- 1 tablespoon soy sauce
- 2 tablespoon tomato paste
- 2 tablespoon agave nectar
- 1 tablespoon oregano
- 1 tablespoon basil
- 400 g fresh tomato (alternatively buy chopped tomatos)
- 300 ml tomato puree
- ketchup
- salt
- pepper
- paprika powder

1. Put soy granules in a bowl and add hot vegetarian stock. Let it rest for approximately 10 minutes. Afterwards decant and press the water out of the soy granules. Season with salt, pepper and paprika powder.
2. While soy granules is resting, peel and grate carrots. Peel and dice garlic and onion. Put everything aside.
3. In a big pan heat up oil and brown granules for 3-4 minutes. Afterwards reduce heat and add soy sauce, tomato paste and agave nectar. Mix and keep browning for 2-3 minutes. Add grated carrots and diced onions and garlic. Brown for 5 more minutes.
4. Cut fresh tomatos and add to pan. If you use chopped tomatos just add to the pan. Afterwards add tomato puree and a dash of ketchup. Let everything



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simmer on low heat for about 15 minutes (when using fresh tomatoes it can take up to 40 minutes until the tomatoes fall apart). Add oregano and basil, season with salt and pepper.

5. Keep sauce on low heat and cook spaghetti according to instructions on the pasta wrap. At the end add a little pasta water to the tomato sauce and stir together.
6. Drain the pasta and enjoy together with the sauce!



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