

Spaghetti Bolognese

vegan | gluten free | for 5 people



Ingredients:

150-200 g dry soy mince	750 ml vegetable soup
2 onions	2 tbsp tomato paste
2 garlic cloves	250 g strained tomatoes (canned)
150 g carrot	Liquid smoke to taste
200 g celery	Oil for frying
Salt	Cronsarch + water to thicken, if needed
Pepper	thyme
1 tbsp smoked paprika	Marjoram
Caraway seeds (optional)	Basil
oregano	1 bay leaf

Instructions:

1) Prepare the soy:

Bring 500 ml vegetable stock to the boil with paprika, salt, pepper, thyme, caraway, and marjoram. Add the dry soybeans, remove the pot from the heat, cover, and leave to soften for 10 minutes, then strain. Allow to cool briefly and squeeze out as much liquid as possible.

2) Prepare the vegetables:

Wash, peel, and finely grate the carrots and celery. Peel the onion and garlic, and finely dice the onion.

3) Prepare the sauce:

Sauté the onion in oil. Add the carrots and celery and continue to sauté briefly. Add the prepared soy, tomato paste, strained tomatoes, remaining vegetable soup, and a little water if necessary. Season with salt, pepper, marjoram, basil, oregano, and thyme. Add the bay leaf and press in the garlic. Simmer gently for 30 minutes.

4) Season to taste and thicken:

After 30 minutes, season the sauce to taste and refine with liquid smoke. If necessary, thicken with cornstarch and water.

If you don't want to use liquid smoke, feel free to use some smoked paprika powder instead.

Best served with freshly cooked spaghetti.