



Spaghetti Tempeh Bolognese

INGREDIENTS

- 1 medium onion
- 5 cloves garlic
- 2 ribs celery
- 2 carrots
- 1 can tomato paste (5.5 oz)
- 1/4 cup extra-virgin olive oil
- Sea salt, to taste
- 1 1/2 cups tempeh
- 1/2 tsp thyme leaves
- 4 cans whole tomatoes (28 oz each)
- 8 basil leaves (optional)
- 2 tbsp extra-virgin olive oil
- Black pepper, ground, to taste (optional)

METHOD

- 1** First, finely dice the onion, celery, and carrots. Mince the garlic. Crumble the tempeh. Measure the tomato paste and olive oil.
- 2** Heat a large pot over medium-low heat. Add the olive oil, then add the onion, carrots, tempeh, and celery. Add a pinch of sea salt. Cook for about 3–4 minutes, stirring occasionally, until the onions soften and begin to turn lightly golden. Next, add the garlic and fresh thyme. Continue cooking until the mixture begins to stick. Deglaze the pan with 1 tbsp water and cook until the water evaporates.
- 3** Stir in the tomato paste and cook for a few minutes until it darkens slightly. Add the whole tomatoes and another pinch of sea salt. Stir well and bring to a simmer over medium-low heat. Cook uncovered for about 30 minutes, stirring occasionally to prevent scorching. Finally, turn off the heat and taste for seasoning. Add torn basil leaves and drizzle with extra-virgin olive oil if desired. Season with freshly ground black pepper to taste. Serve warm.