

# Vegan Spaghetti Bolognese

A super easy, low cost family favourite. This nutritious and healthy vegan recipe will even surprise meat-eaters with it's taste. This recipe will feed 4 but can easily be scaled up to feed more.

## Ingredients:

- 90g dried spaghetti per person (egg-free)
- 1 onion finely chopped
- 1 carrot finely chopped
- 1 celery stick finely chopped (optional)
- 1 garlic clove, crushed and chopped
- 300g soya mince or Quorn
- 400g can of chopped tomatoes
- 1 tablespoon tomato puree
- 1 tablespoon oregano or mixed herbs
- 1 tablespoon of oil
- 1 teaspoon marmite (optional)
- Black pepper to taste

## Instructions:

- Prepare the vegetables:
  - Peel and finely chop the onion;
  - Peel, crush and chop the garlic;
  - Peel and dice the carrot;
  - Finely slice the celery.
- Fry the onion, garlic, carrot and celery in the oil in a large frying pan.
- Add the soya/Quorn mince and cook until the mince darkens in colour.
- Add the tomatoes, and use the empty can to add half a can of cold water from the tap to the pan.
- Add the tomato puree, marmite (if using) and mixed herbs. Season with black pepper.
- Bring the bolognese to the boil, then simmer for 20 minutes.
- Whilst the bolognese is simmering cook the pasta according to the packet instructions.