
Spaghetti Sauce

2 pounds firm tofu

2 Tablespoons olive oil

Drain tofu and try to press some water out. Heat non-stick pan on high heat (if you have an electric stove, use medium-high heat). Add 1 of the Tablespoons of olive oil to the pan. Break 1 pound of tofu into bite-sized clumps and add to pan, stirring/flipping frequently until golden brown on most sides. Remove from pan in a separate bowl. Repeat with the other pound of tofu and oil. Set aside.

1/4 cup olive oil

Heat heavy bottomed sauce pan to medium heat. Add olive oil.

onions, 2 medium, or 1 very large

1 bell pepper (green or red)

Dice the onions and peppers into small pieces. Add to saucepan. Sauté on medium or medium high for about 10 minutes. Do not let them get brown. If they start to turn brown, the heat is too high.

1 head of garlic. Crushed, peeled and minced finely

Turn heat to low. Add garlic to onions and peppers. Sauté over medium low heat for about 5 minutes. Do not cook on high heat, as it will burn.

2 cans (28 oz) crushed tomatoes. (Muir Glen or Bionature are [BPA-free](#))

1 (28 oz.) can tomato puree

1 Tablespoon dried oregano (or fresh—3 Tablespoons)

1 Tablespoon dried basil (or fresh—6 Tablespoons)

3 1/2 teaspoons salt

3 Tablespoons vegan sugar ([if it's organic, it's vegan](#))

1/2 teaspoon freshly ground black pepper

1 Bay leaf

1/4 tsp. crushed red pepper (optional)

Add the above to the sautéed garlic. Bring to a slight boil, turn heat to medium low. Simmer for at least 10 minutes. If you have an hour, simmer it on low (covered) for that long. Add tofu and heat another few minutes until tofu is reheated. If available, garnish with fresh sliced sweet basil. Sauce is enough for 3 lbs. of pasta.

[For more vegan recipes, see www.truthaboutnursing.org/vegan](http://www.truthaboutnursing.org/vegan)