



# Vegan Spaghetti & Meatballs Bolognese

## Meatball ingredients

1/3 cup vegan Italian seasoned bread crumbs  
1/2 cup plant-based milk  
2 tbsp olive oil  
1 medium diced yellow onion  
1 lb vegan ground beef  
1 lb vegan Italian sausage  
6 tbsp vegan egg  
2 tbsp vegan parmesan cheese  
1/2 tsp chopped fresh Italian parsley  
4 cloves crushed garlic  
2 tsp kosher salt (or pink Himalayan)  
1 tsp ground black pepper  
1 tsp Italian seasoning

## Method

1. Soak bread crumbs in plant-based milk for at least 20-30 minutes
2. Heat a medium sized pan then add olive oil. Add yellow onion and sauté until translucent. Reduce heat and continue to simmer, then add garlic
3. In a large bowl add vegan beef and sausage. With your hands break up beef and sausages.
4. Add cooked onion and garlic mixture, soaked bread crumbs, vegan eggs, parmesan, chopped parsley, salt, pepper, and Italian seasoning.
5. Cover and place in refrigerator for at least an hour.
6. After meatball mixture is cooled portion out each meatball using an ice cream scoop and round out by hand
7. In a large deep pan add about 1/2 inch of olive oil. Fry meatballs until golden brown turning frequently to brown all side equally

# Vegan Bolognese Sauce



## Ingredients

2 cans San Marzano tomatoes (14.5 oz.)  
1 can tomato paste (6 oz.)  
4 tbsp chopped fresh parsley  
3 cloves minced garlic  
1 tsp dried oregano  
1 tsp kosher salt (or pink Himalayan)  
1/2 tsp ground black pepper  
6 tbsp olive oil  
1/4 cup diced yellow onion  
1/4 cup diced carrots  
1/4 cup diced celery  
1/4 lb vegan ground beef  
1/4 lb vegan Italian sausage  
1/2 cup dry red wine (only wine you would drink!)

## Method

1. Put tomatoes, tomato paste, parsley, garlic, oregano, salt, and pepper into a food processor and blend until smooth.
2. In a large heated skillet add olive oil and cook onion, beef, and sausage
3. Stir in blended tomato sauce mixture and red wine
4. Add fried meatballs and simmer stirring occasionally

## Spaghetti

1/2 box spaghetti  
2 tbsp olive oil  
1 tbsp kosher salt (or pink Himalayan)

## Method

1. In a large stock pot boil water, olive oil, and salt
2. Add spaghetti
3. Boil until al dente
4. Drain pasta while retaining 1 cup pasta water
5. Add meatballs and Bolognese sauce to pasta, gently stir together
6. Serve in a pasta bowl and top with additional vegan parmesan