

Magog Tofu Spaghetti Sauce

16 portions

4 tbsp.	canola oil
3	large sliced onions
3 cloves	chopped garlic
2 packages	chopped mushrooms
4 stalks	diced celery
4	finely diced large carrots
1 cup	mange tout peas (snap or snow peas), or peppers, or 1 bag of spinach
3 cans, 28 oz.	diced tomatoes
2 cans	tomato sauce
1 to 2 lbs.	finely diced fine herb tofu (1 cm)
½ cup	soy sauce
1 cup	grated cheddar or gruyère cheese
2	bay leaves
2 tsp.	basil
	salt and pepper, to taste
½ cup	bulgur wheat (optional, to thicken sauce)
2 tbsp.	canola oil

- Marinate tofu in ½ cup of soy sauce, 4 tbsp. of oil and 1½ cups of water.
- Marinate cubes 1 hour in refrigerator. Drain tofu, but save and put aside marinade. Cook cubes in saucepan in 2 tbsp. of oil until golden brown.
- In large pot, cook chopped vegetables with fine herbs in 2 tbsp. of canola oil. Add all other ingredients except tofu, bulgur wheat, cheese and marinade. Let simmer about 1 hour.
- Add bulgur wheat and drained tofu. Add part of tofu marinade to desired taste and consistency of spaghetti sauce. Add grated cheese.

Cost: \$0.75 portion

Variation: Replace tofu with 2 cups of cooked lentils.

Note: To become familiar with tofu, you can gradually replace meat with tofu.

Source:

Le succès des cuisines collectives de l'Estrie, Bien manger à petit prix, Regroupement des cuisines collectives de l'Estrie, May 1999, page 91.