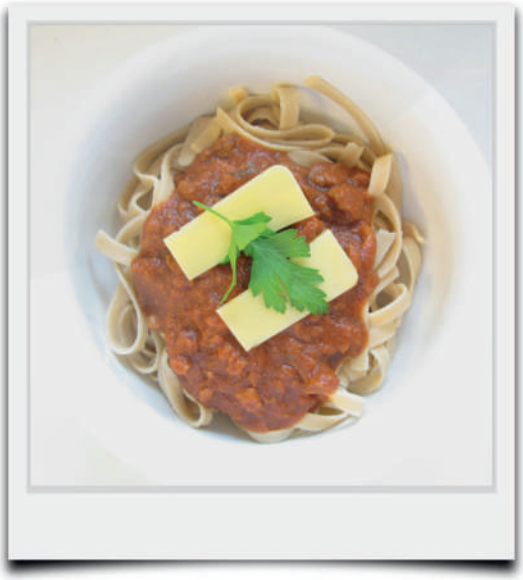
Simple Vegan Bolognese Sauce

Ingredients

8 med (50g) sundried tomato halves
3 med (300g) fresh tomatoes, chopped
2 med (40g) medjool dates
1/2 tsp onion powder
1/2 tsp vegan Worcestershire sauce
1/2 tsp instant stock mix or 1/2 a stock cube
1/2 tsp mixed herbs or Italian herbs
1/2 cup (125g) water
200g processed mushrooms / lentils / textured vegetable protein (TVP)



Method

1. Blend all ingredients (except mushrooms / lentils / TVP) until smooth.
2. Add a little extra water if fresh tomatoes are not very juicy or if sundried tomatoes are very dry.
3. Put mixture in saucepan with mushrooms / lentils / TVP, bring gently to the boil and simmer for 5-10 minutes.
4. Serve over pasta, rice, noodles or spiralised zucchini.

Makes

600g

Equipment

Blender, stove

Time

- Before: -
- During: 15 mins
- After: -

Tips

I use dry sun-dried tomatoes because they have less oil, they're easy to store and easy to make during summer.

Roma tomatoes suit this sauce really well, but any fresh tomatoes will do.

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