

Tempeh spaghetti sauce

Ingredients:

1 200 gram (or 8oz) package of tempeh.

1 onion.

two cloves garlic

olive oil

dried oregano

chili flakes

250 g (or 8 oz) fresh mushrooms (chestnut, portabellini, or similar).

dried fennel

1 can diced tomatoes.

red wine

Dice up a 200 gram (or 8 oz) package of tempeh. Smash and mince two cloves of garlic. Dice a small yellow onion, or half of a big one. Chop up the mushrooms.

Sauté the tempeh in plenty of olive oil in a heavy-bottomed pan, together with the garlic, onion, 2 teaspoons of oregano, and 1/2 tsp of chili flakes. Add the chopped mushrooms and continue sautéing briefly. Add the diced tomatoes, 1/2 cup or more of red wine, and 1 tsp dried fennel. Cook on a low simmer for 20 min or more, until the sauce comes together. Serve over spaghetti with grated parmesan.

*Tempeh is a very useful ingredient. There is no need to serve it in big steaks like so many of those vegan specials do. It tastes much better if fried in oil before it is simmered in any kind of liquid.