

# Meatless Bolognese Sauce

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Feeds 4

## Ingredients

1 large onion, sliced  
2-3 large cloves garlic, finely sliced  
2 tbsp olive oil  
1/4 pound mushrooms, sliced  
2 cups vegetarian mince  
2 cans (16 ounces each)  
crushed tomatoes, with juice  
1 tbsp each chopped fresh  
parsley and chives  
1/4-1/2 tsp cayenne pepper  
(optional)  
Sea salt and freshly ground  
black pepper

## Method

This famous sauce is easy, and always popular. You can flavor it as you like by adding extra herbs, garlic, or spices to suit the family's tastes. It freezes well and is a useful standby to have.

Cook the onion and garlic in the oil over gentle heat, covered with a lid, until quite soft, about 10 minutes. Stir occasionally. Stir in the mushrooms and vegetarian mince and cook, stirring, for 5 minutes. Then add the tomatoes and herbs and simmer until well amalgamated, 5-6 minutes. Season to taste with cayenne, salt, and black pepper.

