

# Vegan Bolognese Tempeh

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## Ingredients:

- ▶ 8 oz (1 pack) of Wiwas Tempeh
- ▶ 1 cup of mushroom
- ▶ 2 carrots stick (shredded)
- ▶ 2 oz butter
- ▶ 10 clove garlic (minced)
- ▶ ½ red onion (chopped)
- ▶ 6 oz of tomato paste
- ▶ 1 cup of water (add more to desired sauce consistency)
- ▶ Oregano, salt, sugar, pepper
- ▶ Spaghetti

## Preparing the tempeh:

- ▶ Diced tempeh into small chunk
- ▶ Melt 1 oz buter and stir fried the tempeh until light brown. Set aside



## Sauces:

- 1 Melt 1 oz butter on a medium pan and add garlic. Stir a little bit and then add water, tomato paste, and carrots. Seasoned with oregano, salt, sugar, pepper to taste.
- 2 Stir occasionally until boiling.
- 3 Add the tempeh to the sauce.
- 4 Cook the spaghetti according to package instruction.
- 5 Serve with the grated parmesan cheese and chopped parsley if desired.