

## ITALIAN SPAGHETTI



*Ingredients (makes 6-7 servings):*

- 1 pack of Soy Chorizo 1 cup of dry textured soy protein (TSP)
- 2 packs of spaghetti
- 1 jar of spaghetti sauce
- 2 cans of tomato paste (15 oz)
- 2 C diced onions
- 1 C diced tomatoes
- 1 C sliced mushroom
- 2 tsp vegetable oil
- Pinch of black pepper
- Pinch of salt
- 2 C water

*Directions:*

1. Cook spaghetti as directed in the package
2. TSP preparation:
  - a. Soak TSP in warm water for 10-15 min
  - b. Squeeze water out of the TSP
  - c. Marinate TSP with vegetable broth for 15 minutes
3. In large pot, sauté diced onion with vegetable oil until onions are soft and translucent
4. Stir in Chorizo and marinated TSP
5. Stir in spaghetti sauce, tomato paste, and diced tomatoes
6. Add 1 cup of water
7. Bring to boil, stir in mushroom, simmer for 10 minutes
8. Serve sauce over spaghetti