



Spaghetti with Veggie Sauce

This recipe was created by **Serena Caner** for **Shuswap Food Action Society**

- Yield: 50 servings (1 kg pasta is 10 servings)
- Serving Size: Plates

Ingredients

Spaghetti

- 2 tablespoons salt
- 5 kg spaghetti

Veggie Sauce

- 45 ml oil
- 4 onions, diced
- 1 bunch celery, diced
- 2 kg carrots (~20), shredded
- 2 zucchini, shredded
- 40 ml garlic, minced
- 5- 28 oz cans tomatoes, pureed
- 4-28 oz tomato sauce or crushed tomato
- 312 ml tomato paste (2 small cans)
- 20 ml salt
- 30 ml brown sugar
- 600g Texturized Vegetable protein (TVP)
- 2.5 L (10 cups) low-sodium vegetable stock
- 40 ml oregano
- 40 ml basil
- *For meat version, omit TVP and vegetable stock and instead, cook 5 lb lean ground beef or turkey until brown in step 1

Optional sides

- Parmesan Cheese
- Garlic Toast

Method

Step 1

For Sauce: Bring 10 cups of vegetable stock to boil. Add TVP and let it sit for 10 minutes. Drain.

In a large pot, heat oil and saute onion until softened, about 5 minutes. Add celery, carrots, zucchini and garlic and saute another 5 minutes. Add tomatoes, tomato paste, salt, sugar and use an immersion blender to puree.

Add TVP to pureed tomato sauce. Bring to gentle boil in a large pot. Stir in basil and oregano.

Step 2

For Pasta: Bring a large pasta pot (with metal insert) filled with salted water to boil. Cook the pasta, according to package directions (al dente).

Drain pasta and toss with a little butter to prevent sticking. Set aside. Each bowl gets about 2 cups of pasta and 1 cup sauce.

HACCP

- If using ground beef, cook until internal temperature reaches 71° C for a minimum of 15 sec.
- Cooling: Cool to 4° C within the next 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.