

## oie Live On!



### Organic Vegan Spaghetti Sauce with Herbs

#### Ingredients (about 4 servings):

- 2 tbsp organic extra-virgin olive oil
- 1 medium organic yellow onion, finely chopped
- 4 organic garlic cloves, minced
- 2 lbs organic tomatoes (Roma or heirloom), peeled & chopped *or* 2 cans (28 oz) organic crushed tomatoes
- 2 tbsp organic tomato paste
- 1 tsp organic coconut sugar or maple syrup (to balance acidity)
- 1 tsp sea salt (to taste)
- ½ tsp freshly ground black pepper
- 1 tsp organic oregano (dried or 1 tbsp fresh, chopped)
- 1 tsp organic basil (dried or 2 tbsp fresh, chopped)
- ½ tsp organic thyme (dried or 1 tsp fresh, chopped)
- 1 tbsp organic fresh parsley, chopped
- 1–2 tsp organic balsamic vinegar (optional, for depth)
- Pinch of red chili flakes (optional, for a little heat)

#### Optional additions:

- Beyond Ground Beef
- Lentils
- 1 organic celery stalk, finely chopped (for depth)
- 1 bay leaf (remove before serving)

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#### Instructions:

1. **Sauté aromatics** – Heat olive oil in a large pot over medium heat. Add onion and cook until soft and translucent (5–7 minutes). Stir in garlic and cook for 1 minute, fragrant but not burnt.
2. **Add tomatoes** – Stir in the fresh chopped tomatoes or crushed canned tomatoes. If using fresh, simmer a bit longer to break them down. Add tomato paste for richness.

3. **Season & simmer** – Add salt, pepper, oregano, basil, thyme, and (if using) carrot and celery. Stir well. Bring to a gentle boil, then reduce heat to low.
  4. **Slow cook** – Cover partially and let the sauce simmer 30–45 minutes, stirring occasionally. This deepens the flavor and thickens the sauce.
  5. **Finish with herbs** – Add fresh parsley and balsamic vinegar (if using). Taste and adjust seasoning (a touch more salt, pepper, or sugar if needed).
  6. **Serve** – Toss with hot organic spaghetti or your favorite pasta. Garnish with fresh basil leaves.
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#### ✦ **Tips & Variations:**

- For a creamy twist, stir in a splash of organic cashew cream at the end.
- If you love roasted flavors, roast your fresh tomatoes and garlic before blending into the sauce.
- Can be blended smooth with an immersion blender or left chunky for a rustic feel.