



# Homemade Organic Vegan Spaghetti

*Can also make pierogis with this recipe & fry or bake.*

## Part 1: Fresh Vegan Spaghetti Pasta

### Ingredients (4 servings):

- 2 cups organic all-purpose flour (*or semolina flour for a more traditional pasta*)
- ½ cup organic whole wheat flour (*optional, for extra fiber*)
- ½ tsp sea salt
- ¾ cup warm water
- 2 tbsp organic olive oil

### Instructions:

1. **Make the dough** – In a large bowl, whisk together flours and salt. Make a well in the center, pour in water and olive oil. Mix until a shaggy dough forms.
  2. **Knead** – Turn out onto a floured surface and knead for 8–10 minutes until smooth and elastic.
  3. **Rest** – Cover with a clean towel and let the dough rest for 30 minutes.
  4. **Roll & cut** – Divide dough into sections. Roll each out thin with a rolling pin (or pasta machine if you have one). Cut into long spaghetti strips. Dust lightly with flour to prevent sticking.
  5. **Cook** – Bring a large pot of salted water to boil. Cook pasta for 3–4 minutes (fresh pasta cooks quickly). Drain.
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## Part 2: Organic Vegan Spaghetti Sauce with Herbs (from before)

### Ingredients:

- 2 tbsp organic olive oil
- 1 medium organic onion, chopped
- 3–4 organic garlic cloves, minced
- 2 lbs organic tomatoes (peeled & chopped) *or* 2 cans organic crushed tomatoes
- 2 tbsp organic tomato paste
- 1 tsp organic oregano
- 1 tsp organic basil

- ½ tsp thyme
- 1 tsp sea salt
- Black pepper, to taste
- 1 tbsp fresh parsley, chopped
- 1–2 tsp balsamic vinegar (optional)

**Instructions:**

1. Heat olive oil in a pan. Sauté onion until translucent, then add garlic.
  2. Stir in tomatoes and tomato paste. Add oregano, basil, thyme, salt, and pepper.
  3. Simmer uncovered for 30–40 minutes, stirring occasionally until thickened.
  4. Finish with fresh parsley and a splash of balsamic vinegar.
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 **To Serve:**

- Toss fresh spaghetti with sauce.
- Garnish with fresh basil or parsley.
- Optional: Sprinkle with vegan Parmesan (nutritional yeast + cashews + garlic powder blended).