

## Barr Camp Spaghetti Sauce

(I make very large amounts, so this is a rough outline – play with measurements...ad lib, have fun!)

Cut up into small dice and sauté in Olive Oil:

Green or red pepper

Onion

Garlic

Celery

Carrot

Stir in 1cup of TVP

Add Basil, Oregano, Black Pepper, Marjoram

Add about a half tsp of Cocoa Powder

Continue to sauté until herbs are fragrant, adding a touch more olive oil if needed.

(I usually add a splash of Bragg Amino Acids for flavor)

Add canned diced tomatoes

Add canned tomato sauce

Add water to thin if needed

Let cook for a few hours over low heat. Enjoy!

(You can do the same basic ingredients, change up the spices, add Black Beans cumin and chili powder for some good chili)