

Barr Camp Spaghetti Sauce

(We make very large amounts at Barr Camp, 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:

1/2 cup of Textured Vegetable Protein (TVP) or soy curls

Add Basil, Oregano, Black Pepper, and Marjoram to taste

Add about 1 teaspoon of Cocoa Powder

Add a splash Of Bragg Amino Acids, it enhance flavor

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

Add:

2 regular size cans diced tomatoes

2 regular size cans tomato sauce

Water to rinse cans and additional water to thin as you go, the TVP will absorb liquid and sauce thickens as it cooks.

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

Use the same basic ingredients, change up the spices, add Black Beans cumin and chili powder for some good chili, or add to leftover sauce the next day to have a bowl of chili!