

Good Enough 2 Eat

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Tomato and Mushroom Pasta Sauce

You'll need:

- ¼ cup parsley sprigs
- 2 tablespoons, water
- 2 cloves garlic, crushed
- 1 large onion, chopped
- 1 medium carrot, chopped
- 1 celery stick, chopped
- 1 cup TVP
- 1 cup boiling water
- 2 beef stock cubes
- 1 teaspoon Italian herbs
- 1 cup grape juice
- 2 x 425 cans crushed tomatoes
- 1 x 400g can kidney beans
- 250g button mushrooms, sliced
- 500g wholemeal penne pasta



Here's what to do:

Chop the parsley very finely and set aside. Add the cup of boiling water to the TVP and set aside for about 10 minutes so the TVP can absorb all the water. Heat 2 tablespoons of water in a large deep pan. Add garlic, onion, carrot and celery. Cook, stirring for 5 minutes over low heat until onion is translucent.

Increase the heat. Add the chopped parsley, TVP, crumbled stock cubes, dried herbs, grape juice, undrained crushed tomatoes, kidney beans and mushrooms.

Bring the mixture to the boil, reduce heat and simmer uncovered for 15 minutes, stirring occasionally.

Add the wholemeal pasta to a large pot of boiling water and cook for about 10 minutes or until tender.

Serve the pasta on plates and pour over the sauce.

