

Spaghetti with “Meat” Sauce

Serves: 4

Prep time: 5 minutes

Cook time: 15 minutes



Vegetarian & Vegan
Meats & Treats

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Ingredients:

*1 1/3 cups Hearty Plant Protein Ground

1, 24 oz. jar marinara sauce

1/4 cup low sodium soy sauce

1 cup water

8 oz. uncooked spaghetti

Directions:

- 1) Cook the spaghetti according to the package and drain. Move onto the next steps while the spaghetti is cooking.
- 2) In a medium pot over medium heat, combine the marinara sauce, soy sauce, water and bring to a boil.
- 3) Lower the heat to low, stir in the Hearty Plant Protein, and simmer until the TVP is tender (5-7 minutes).
- 4) Combine the meat sauce with the drained, cooked pasta, and serve.

Serving suggestions:

- Side Dishes:
 - o Garlic Bread
 - o Steamed Veggies



INGREDIENTS



STEP 2



SERVED

*Available on [FakeMeats.com](https://www.FakeMeats.com)

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