The Best Vegan Bolognese Recipe

When people ask me what my favorite go-to recipe is, this Vegan Bolognese is always the answer! Rich, hearty, and so meaty you won't believe it's vegan, this protein-packed dish bursts with flavor. It's easy to make and perfect for a cozy weeknight dinner or as a make-ahead meal.

Ingredients

For the meaty tofu crumbles:

- ☐ 2 tablespoons [nutritional yeast](#)
- ☐ 1 tablespoon [soy sauce](#), (gluten-free if preferred)
- ☐ 1 tablespoon [olive oil](#), (or vegetable broth for oil-free)
- ☐ 1 teaspoon smoky paprika
- ☐ ½ teaspoon [garlic powder](#)
- ☐ ¼ teaspoon [liquid smoke](#)
- ☐ 1 block (350 g/ 12.3 oz) [extra-firm tofu](#), drained (no need to press it)

Instructions

- **Preheat your oven:** Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper or lightly grease it.
- **Mix the tofu seasoning:** In a large mixing bowl, whisk together the nutritional yeast, soy sauce, olive oil (or vegetable broth for oil-free), chili powder, garlic powder, and liquid smoke to create a thick, brown paste.
- **Crumble the tofu:** Break the tofu into large chunks and add them to the bowl with the seasoning. Use a potato masher or fork to mash the tofu into crumbles. Stir the tofu crumbles well to coat evenly in the seasoning.
- **Bake the Tofu:** Spread the seasoned tofu crumbles evenly over the prepared baking sheet. Bake for 30-40 minutes, stirring every 15 minutes to prevent burning and ensure even browning. The tofu will dry out and become chewy; the longer it bakes, the chewier and drier it will get. For a more tender, meaty texture, bake the tofu for closer to 30 minutes. For a chewier, meatier texture, bake for closer to 40 minutes. Remove from the oven and set aside.