

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.

Prep Time: 10 mins Cook Time: 40 mins Total Time: 50 mins

Servings: 4

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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 chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon liquid smoke
- 1 block (350 g/ 12.3 oz) extra-firm tofu drained (no need to press it)

For the pasta:

- 3 cups marinara sauce (700ml jar or homemade)
- 12 oz spaghetti or pasta of choice (gluten-free if preferred)
- Chopped fresh parsley or basil leaves (optional for garnish)
- Vegan Parmesan homemade or store-bought (optional for garnish)

Instructions

1. Preheat your oven: Preheat the oven to 350°F (180°C) and line a large baking sheet with parchment paper or lightly grease it.
2. 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.
3. 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.
4. 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.
5. Cook the Pasta: While the tofu bakes, bring a large pot of water to a boil and cook your pasta according to the package directions.
6. Heat the Sauce: While the pasta cooks, pour the marinara sauce into a large saucepan and bring to a simmer over medium heat. Once the tofu is baked, stir it into the sauce. If the sauce is too thick, add a splash of water to adjust the consistency. Let the sauce simmer on medium heat for about 5 minutes, allowing the tofu to absorb the flavors and the texture to become chewy and meaty. Season with salt and pepper to taste if desired.
7. Serve: Serve the vegan Bolognese sauce over the cooked pasta. Garnish with fresh parsley or basil, and sprinkle with vegan Parmesan if desired.

Notes

Storage/Freezing: Allow the sauce to cool completely before storing it separately from the pasta. Keep in an airtight container in the fridge for up to 4 days. The sauce also freezes well; freeze in an airtight container or freezer bag for up to 3 months. Reheat gently in the microwave or in a pan over medium heat until warmed through.

Find it online:

<https://itdoesnttastelikechicken.com/tofu-bolognese/>



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