



- A: 2C textured vegetable protein (TVP)  
1C boiling vegetable broth  
B: 2/3C mushrooms, coarsely chopped  
2t canola oil  
C: 1/3C canola oil  
2 large eggs  
1/3C milk  
1/2C bread crumbs  
1/3C grated hard cheese (e.g. Parmesan)  
2T garlic, minced  
2t kitchen bouquet  
1t thyme  
1t basil  
2t oregano  
1t rosemary, ground  
2-3T fresh parsley, chopped  
salt & red/black pepper to taste  
D: Spaghetti, cooked al dente

## Vegetarian/Spaghetti And Meatballs

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Marinara sauce

1. Combine (A) and mix well, let stand 2-3 minutes.
2. Toss (B) and place in baking pan, roast at 400F for 15 minutes.
3. Add (A), (B), (C), mix well. Form balls and cook in oiled skillet a few minutes to brown.
3. Bake at 400F for 30 minutes. Serve with (D).

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