

From the kitchen of David and Jennifer Deaven

sid: spaghetti_and_meatballs,v.1.5 2025/03/02 18:10:19 deaven Exp \$

- Servings: 6
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).

Vegetarian/Spaghetti And Meatballs

Vegetarian/Spaghetti And Meatballs

- 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



From the kitchen of David and Jennifer Deaven