



- 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

Vegetarian/Spaghetti And Meatballs

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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